

PHILLIPS ACADEMY ATHLETIC RECORD
2023-2024

Fall 2023 Varsity Sports

Boys Cross Country	4-1-0
Girls Cross Country	5-0-0
Field Hockey	17-2-0
Football	2-6-0
Boys Soccer	12-3-2
Girls Soccer	8-5-4
Girls Volleyball	10-7-0
Boys Waterpolo	3-12-0

Boys Varsity Cross Country

2023

Head Coach: Patrick Rielly

Assistant Coaches: G Richie, A Campbell, J Domina

Captain: Avin Ramratnam

Overall Season Record

Won	Lost	Tied
4	1	0

Letter Winners: Robert Budzinski, Vance M. Fabrizio, Luke B. Francis, Tamrat A. Gavenas, Edward C. Gillick, Jack A. Gonzalez, Max P. Huang, Magnus G. Julin, Arun Kapoor, Jakob Kuelps, Sebastian R. Lemberger, Jack E. McEvelley, Nathan A. Neu, Avin I. Ramratnam, Sami N. Tokat, Elliot Weir, Adrian M. Werner, Luke L. Williamson, Henry S. Zimmerman

Award Winner: Max P. Huang

Boys Cross Country

2023 Schedule and Results

DAY	DATE	TEAM NAME	OPPONENT NAME	SITE	TIME	Score	W	L
Sat	09/23/2023	Cross Country B	Manchester Invitational	A	10:30 AM	4th out of 33		
Sat	09/30/2023	Cross Country B	Black Bear Invitational	A	10:00 AM	1st		
Sat	10/07/2023	Cross Country B	Choate/Montrose	H	4:30 PM	15-50	W	
Sat	10/14/2023	Cross Country B	NMH/St. Paul's/Austin Prep	A	2:45 PM	21-65,21-51,21-109	W,W,W	
Sat	10/28/2023	Cross Country B	NMH/DA/PEA/PA	A	3:45 PM	1st out of 4		
Sat	11/04/2023	Cross Country B	Exeter	H	4:00 PM	35-23		L
Sat	11/11/2023	Cross Country B	INTERSCHOLS	A	2:00 PM	2nd		



Phillips Academy Boys Cross Country 2023

Cheon il Allado	2024	Bronx, NY	Sebastian R. Lemberger	2025	Louisville, CO
Bryan Z. Bu	2026	Andover, MA	Nathan A. Liang	2025	Carmel, IN
Robert Budzinski	2026	North Andover, MA	Mathew Liu	2027	Singapore, SG
Mario E. Calvo	2024	Manhasset Hills, NY	Andrew N. Massicotte	2025	North Reading, MA
William L. Chu	2026	Andover, MA	Jack E. McEvelley	2024	Mill Valley, CA
Anthony Diaz	2025	Culver City, CA	Nathan A. Neu	2026	Wilmington, NC
Christian C. Estrada	2027	Harleysville, PA	Thomas R. Nordahl	2026	Westwood, MA
Vance M. Fabrizio	2024	Beverly, MA	Maurice M. Ntoro	2026	Lowell, MA
Luke B. Francis	2025	Cape May, NJ	Aaron N. Portelance	2027	Dartmouth, MA
Theodore G. Frangakis	2027	North Andover, MA	Avin I. Ramratnam	2024	Tiverton, RI
Tamrat A. Gavenas	2025	Andover, MA	Matthew W. Robinson	2027	Andover, MA
Caleb C. Gerakaris	2024	Andover, MA	Oliver Sommer	2024	Muckendorf, AT
Vincent P. Giancola	2026	Hong Kong, CN	David H. Song	2026	Andover, MA
Edward C. Gillick	2027	Concord, MA	Sami N. Tokat	2026	Montclair, NJ
Jack A. Gonzalez	2027	St Michaels, MD	Andrew J. Tollman	2024	Georgetown, MA
Alfonso Gonzalez-Cano	2027	Saltillo, MX	Henry T. Ty	2024	North Andover, MA
Jackson Hersom	2027	North Andover, MA	William M. Unetich	2027	Chicago, IL
Max P. Huang	2024	Montclair, NJ	Sebastian L. Vermut	2027	San Francisco, CA
Magnus G. Julin	2025	North Andover, MA	Kai T. Wang	2027	Princeton, NJ
Yaejoon Jung	2027	Seoul, KR	Elliot Weir	2026	Beverly, MA
Yifan Kang	2024	Shenzhen, CN	Adrian M. Werner	2025	Boxford, MA
Arun Kapoor	2025	Inverness, IL	Luke L. Williamson	2025	Miami, FL
Constantinos T. Krenteras	2024	Long Branch, NJ	Michael V. Williamson	2025	Santa Monica, CA
Jakob Kuelps	2025	Zug, CH	Henry S. Zimmerman	2027	New York, NY
Maxwell Langhorst	2025	Andover, MA	Jesse J. Zuniga	2026	Andover, MA
Joshua J. Lee	2024	Chicago, IL			

Coach: Patrick Reilly

Assistant Coaches: Jeff Domina, Garrett Richie, Dan Schneider



In

the past we have mailed you our athletic manager books for scanning,

Boys Cross Country 2023 Highlights

SEPTEMBER 23, 2023

Cross Country BV at Manchester Invitational

PAXC opened their season at the 49th annual Manchester Invitational meet at Derryfield Park in Manchester, NH with really strong racing across the board.

In the first race of BXC's day, Charlie Gillick ('27), Henry Zimmerman ('27), and Emmet McEvilly ('24) took 1-2-3 to set an excellent tone for the meet. In addition to those top three finishers, eighteen other athletes made their PAXC debuts in the JV "C" race. We're looking forward to seeing more from these new runners this fall--and in seasons ahead.

BXC next lined up for the JV "B," race, which featured the largest field of the day. Taking third as a team, the group was paced by Sebastian Lemberger ('25), who finished third overall. Captain Avin Ramratnam ('24) was next in with a big PR, and he was followed closely by a great pack of PAXC runners: Vance Fabrizio ('24), Luke Francis ('25), and Magnus Julin ('25), all of whom put together excellent races to round out BXC's top five.

The boys' Varsity "large school" race featured incredible running up front. Andover's Tam Gavenas ('25) took second behind Exeter's Byron Grevious (PEA '24) with both runners surpassing the previous course record (from 2003). It was truly remarkable running. Next in for Andover was Max Huang ('24) with a huge race, battling up front in a talented field. Luke Williamson ('25) showed how much summer training pays with a big

PR as PA's third finisher, and Robert Budzinski ('26) was knocking at the door of sub-17 in an excellent run. Arun Kapoor ('25) also cut significant time from last year in his season debut, and Jakob Kuelps ('25) and Nathan Neu ('26) toughed out crowded conditions to round out PAXC's top seven exceptionally well.

You can find full results [here](#).

Next weekend, PAXC will travel to New Hampshire again to compete in the Black Bear Invitational at Coe-Brown Northwood Academy.

SEPTEMBER 30, 2023

Cross Country BV at Black Bear Invitational

BIG BLUE RUNS TO WIN AT BLACK BEAR INVITATIONAL

The Andover boys continued their invitational success by claiming a team win at the Black Bear Invitational hosted by Coe-Brown Northwood Academy. Coe-Brown's challenging course and the excellent competition made it a perfect cross country fall Saturday, and the PAXC runners rose to the occasion.

JV took the course first, and despite running with a depleted group, they set the tone for the races to come with focused, sharp running. Luke Francis ('25) was first in for Andover, kicking past fellow runners on the track finish to secure fifth place overall. Following him, first-year Charlie Gillick ('27) made his 5K debut with a strong race, and his classmate, Henry Zimmerman ('27), also made his PAXC 5K debut in come-from-behind fashion, climbing up the ranks of the race impressively in the second and third miles. Elliot Weir ('26) upped his racing this weekend as PA's fourth finisher, and with memorable kicks, Yifan Kang ('24), Henry Ty ('24), and Jack Gonzalez ('27) rounded out Andover's top seven (with Ty gaining a huge PR in the process).

The JV boys took third as a team.

Lining up for the last race of the day, the Varsity boys looked to improve on their strong racing from last weekend's Manchester Invitational by staying competitive throughout the 3.1-mile course. PAXC was paced as usual by incredible racing up front. Tam Gavenas ('25) continued his brilliant running, taking second in a photo finish. Max Huang ('24) continued his hot streak as well with a controlled, assured race to take fourth place overall. Next in for Andover, Robert Budzinski ('26) toughed out a gutsy finish in the last 100m of the race to capture a few more points for the team, and he was followed closely by teammates Jakob Kuelps ('25) and Luke Williamson ('25), both of whom dug deep in the last straightaway. Arun Kapoor ('25) took sixth for Andover in a strong race, and Vance Fabrizio ('24), called into the Varsity group on race day, held his own in the talented field. The Varsity boys took first as a team.

You can find full results [here](#).

PAXC was thrilled to join the Black Bear Invitational this fall and are grateful to the meet directors for running an excellent meet. Next week, Andover will return to action on their home course in a dual meet against Choate.

OCTOBER 7, 2023

Cross Country BV vs Choate

W 15-50

ANDOVER RUNS AHEAD OF CHOATE AT HOME

BXC took on Choate in Andover in their first home meet of the season, and after a difficult week of training, Big Blue ran to excellent results against the Wild Boars.

Looking assured and confident, Jakob Kuelps ('25) and Luke Williamson ('25) paced the pack, finishing 1-2 with strong team running on the Great Lawn. Following closely behind, Max Huang ('24) stormed through

the finish line with his strongest kick of the season. Next in, Arun Kapoor ('25) lowered his PR on the home course with a stellar performance from the gun. Close behind, classmate Sebastian Lemberger ('25) took fifth for Big Blue and fifth overall with a PAXC course personal best run. Captain Avin Ramratnam ('24), followed by the dynamic duo of Luke Francis ('25) and Robert Budzinski ('26), were next across the line, and Vance Fabrizio ('24) and Charlie Gillick ('27) rounded out the top ten for PA.

Of the 44 Andover competitors, 21 made their PAXC home course debuts and 18 others lowered their home course personal best times. It was a great day all around for Big Blue.

Next weekend, PAXC travels to the autumnal splendor that is St. Paul's incredible home course.

OCTOBER 14, 2023

Cross Country BV at St. Paul's/Austin Prep

BXC TAKES THE WIN IN SPS QUAD MEET

On an ideal New England cross country day in Concord, NH, the Andover boys took the Varsity and JV wins against NMH, Austin Prep, and St. Paul's School.

Max Huang ('24) had another brilliant performance for Andover up front, taking the win with an assured race--and a blistering final 1.1 miles. Luke Williamson ('25) took second for PA and second overall with another tough performance, and Jakob Kuelps ('25) rounded out the Andover 1-2-3 finish with an excellent final acceleration. Robert Budzinski ('26) and Luke Francis ('25) took seventh and eighth overall to put PA's scoring five all in the top ten. BXC's sixth Emmet McEvilley ('24), with a strong PR, also finished inside the top ten, and Magnus Julin ('25), continuing his steady upward trajectory, was PA's seventh runner. All of that good racing added up to a BXC win on the Varsity side.

The JV runners continued the excellent racing, taking a commanding win as well. Among many great races, BXC saw personal bests from Sami Tokat ('26), Henry Zimmerman ('27), Adrian Werner ('25), Jack Gonzalez ('27), Aaron Portelance ('27), Matt Robinson ('27), Sebastian Vermut ('27), Alfonso Gonzalez-Cano ('27), Oliver Sommer ('24), Will Unetich ('27), Jay Jung ('27), Kai Wang ('27), Bryan Bu ('26), Christian Estrada ('27), Will Chu ('26), and Jackson Hersom ('27).

[You can find full results here.](#)

Andover will compete in two weeks' time (10/28) at NMH against Deerfield, Exeter, Choate, and the host team.

OCTOBER 28, 2023

Cross Country BV at NMH/DA/PEA/PA

ANDOVER BOYS RUN TO FOUR WINS AT NMH

BXC traveled to the beautiful NMH campus to take on Deerfield, Exeter, Choate, and the host team and came away with wins against each.

Tam Gavenas ('25) moved through the difficult NMH course with progressing speed to take first overall in the Varsity race. He was followed by Max Huang ('24), who continued his searingly good racing with a second place finish. Battling Exeter and Deerfield runners all race, Jakob Kuelps ('25) and Luke Williamson ('25) closed hard to finish inside the top ten overall. Sebastian Lemberger ('25) surged in the last 1000m to secure twelfth place while Robert Budzinski ('26) fought through the tough course to finish just outside the top fifteen. Luke Francis ('25) might have had the kick of the day--perhaps fueled by an inspiring win in the annual "Perfect Pace" Contest on Wednesday--as he flew through the line ahead of some very strong rival runners.

On the JV side, Andover had its top four in a strong pack: Charlie Gillick ('27), Emmet McEvelley ('24), Magnus Julin ('25), and Vance Fabrizio ('24). Nathan Neu ('26) followed closely behind that pack while Sami Tokat ('26) and Henry Zimmerman ('27) closed incredibly well to round out Andover's JV seven. Among other notable performances, Jack Gonzalez ('27), Adrian Werner ('25), and Oliver Sommer ('24) defied all the odds to register PRs on NMH's difficult course.

You may find full results [here](#).

Next weekend, BXC will be at home for the annual Andover-Exeter dual meet, which always brings out some excellent racing from both teams.

NOVEMBER 4, 2023

Cross Country BV vs Exeter

BXC RUNS TO BIG PRS AGAINST EXETER

The Andover boys welcomed Exeter to the home course, and against that great competition, BXC runners registered 41 PR performances on the day. The inspired running from PA wasn't enough, however, as the visitors took both Varsity and JV contests.

The Varsity race saw Andover's #1, Tam Gavenas ('25), and Exeter's #1, Byron Grevious (PEA, '24), do what they have done all season: make history. Both runners bested the previous course record by significant margins with Grevious taking the individual win and setting the new standard. Gavenas raced brilliantly right behind Grevious and well below his own previous school record time, set last fall. Congratulations to both runners! Andover's second, Max Huang ('24), ran a blistering time in his last race on the home course to capture third overall. Andover's chase pack of Luke Williamson ('25), Jakob Kuelps ('25), Arun Kapoor ('25), Robert Budzinski ('26), and Sebastian Lemberger ('25) challenged each other the whole way, racing to PR or near-PR performances.

On the JV side, Luke Francis ('25) paced BXC with a huge race up front to take third overall. Captain Avin Ramratnam ('24) rebounded from an off-day last Saturday to register his fastest time on the home course, and he was followed by classmate Vance Fabrizio ('24), who ran the best race of his XC career at the perfect time. Right behind Fabrizio, Emmet McEvelley ('24) and Charlie Gillick ('27), pushed each other all the way through the Great Lawn in PR performances. Nathan Neu ('26) and Sami Tokat ('26) also ran PR times to round out Andover's top seven.

Next week, BXC will travel to Loomis Chaffee to compete in the NEPSTA Division I XC Championships (Interschols).

NOVEMBER 11, 2023

Cross Country BV at Loomis – INTERSCHOLS

BXC RACES TO SECOND AT NEW ENGLANDS

BXC traveled to Loomis Chaffee to compete in the NEPSTA Division I Cross Country championships, and running some brilliant performances, the team took second place.

As they did all season, BXC looked to Tam Gavenas ('25) to set the pace, and as usual, Tam delivered.

Continuing his remarkable running, Tam crossed the line second overall in a new PR that bested the previous course record by more than 50 seconds. Max Huang ('24) was next in for Big Blue in another strong performance, taking sixth place. Both Max and Tam earned all-New England honors for their running, and they were joined by teammates Luke Williamson ('25) and Jakob Kuelps ('25), who took 17th and 19th,

respectively. Williamson's steady determination often sets the tone for Andover's second pack, and he and Kuelps dug deep in the last quarter mile to get every last point for their team. Robert Budzinski ('25) and Arun Kapoor ('25) continued their excellent pack running as well, and Sebastian Lemberger ('25) delivered another gutsy performance to round out Andover's Varsity Seven.

On the JV side, Andover runners battled hard up front, placing eight runners in the top twenty overall. Led by a remarkable run by Luke Francis ('25), the JV squad held their own in a very competitive front-pack. Francis was inspiring up front, and his teammates took note: Andover's next two, Charlie Gillick ('27) and Nathan Neu ('26), had breakout races. Captain Avin Ramratnam ('24) followed close behind to end his brilliant season with another good run. Seniors Emmet McEvelley ('24) and Vance Fabrizio ('24) were next in, running well together in a pack with first-year Henry Zimmerman ('27), who ran a huge PR to finish seventh for Andover's JV. Also running PRs were Jack Gonzalez ('27) and Elliot Weir ('26), and classmates Magnus Julin ('25) and Adrian Werner ('25) raced very near to their all-time bests as well. The excellent team racing helped Andover's JV take second place on the day.

[You may find the full results here.](#)

PA's top five Varsity average of 16:14 set the new standard for the team, and with just one senior in the top seven (and just four in the top twenty), BXC looks to build on this strong fall in the seasons ahead.

Boys Cross Country In The News

Boys Cross Country Sees Record-Breaking Performances at Manchester Invitational Season Opener

Andover Boys Cross Country opened its season on Saturday, competing at the Manchester Invitational at Derryfield Park in Manchester, New Hampshire. The team placed fourth out of 33 teams in the Boys Large School Varsity race, falling to Phillips Exeter Academy (Exeter), St. Johnsbury Academy, and Bishop Hendricken.

The team had a great opener, with a majority of the team achieving personal records on a very hilly and technical course. Robert Budzinski '26 described this race as a way to test the team's strength, fitness, and hard work.

"The race went really well. A good majority of the team got PRs, and it was really good to see all of our hard work from the summer pay off. We went into the race just wanting to compete and test our fitness, and I think we definitely did that. There were some tough hills on the course as well and we embraced them and finished strong," said Budzinski.

Going into the race, the team didn't set any specific performance goals. Nathan Neu '26 mentioned that the team's attitude going into the race was to focus on competing to the best of their ability and showcasing the hard work the team has put in so far.

"Before going to the race, coach sent out an email giving us a word of the meet. The word of the meet was 'compete,' and I think that really meant a lot because our goal wasn't really defined, it was just to go out and see what we could do and compete with the other runners," said Neu.

With a personal record time of 15:12.5 for five kilometers, Tam Gavenas '25 placed second out of 270 runners at the meet. The time surpassed the course record by 20 seconds.

Budzinski said, "He got a [personal record] of 18 seconds and ran a time that broke a 20 year old course record. He placed second in a super competitive field. Tam [Gavenas] is a super hard worker, and he really pushes himself in the races. The whole team was super happy for him," said Budzinski.

Luke Williamson '25 highlighted the team's bond and competitive spirit as one of its biggest strengths. He noted that even on the course, the team supports each other through motivating words.

Williamson said, "The guys push each other a lot, which helps. We saw Sebastian [Lemberger '25] come in third in the JV race, and he ran a really fast time of 17:09 and that really got us hyped up and in the right mindset. During the race, we all push each other and help each other along. In races, we will even say things to each other to encourage one another. We really work together a lot."

Looking forward, the team hopes to be as successful as possible at the New England Preparatory School Athletic Council (NEPSAC) Division I championship meet and, potentially, Nike Cross Nationals (NXN). Williamson shared that although the team has high hopes performance-wise, it also hopes to continue fostering a strong team dynamic.

"We have a really strong team this year. We definitely have our eyes on placing the highest we can at the NEPSAC championship meet and maybe going to NXN. Something else we are really focused on is building the community. A lot of the team is really close. We hang out a lot and we want to extend that to the entire team because that is really important," said Williamson.

Andover Boys Cross Country will race at the Black Bear Invitational in New Hampshire on Saturday.

Anya Budzinski
Sep 28, 2023

Boys Cross Country Wins Black Bear Invitational

Andover Boys Cross Country lined up for their second race of the season at the Black Bear Invitational this past Saturday, taking the win over 20 other teams. The team edged out its rival, Phillips Exeter Academy (Exeter), by just two points.

Although the course at Coe-Brown Northwood Academy was new for the entire team, teammates studied and familiarized themselves with the course extensively. Jakob Kuelps '25 explained how the team had great success at the invitational in great part due to Head Coach Patrick Rielly's preparation.

"We all placed pretty high [individually], and we had high expectations going in, and we all delivered. This was a new course for us, and we tackled it really well. Coach Rielly really prepared us well. He gave us all the necessary information and set us up for success. We took the preparation and really pushed ourselves mentally and physically in the race," said Kuelps.

Going into the race, the team focused on staying conservative and relaxed in the first mile, according to Robert Budzinski '26. The course started mostly flat and downhill, with rolling hills later on in the race.

Budzinski said, "Coach Rielly looked at some old results and race videos to get information on the course. He looked at previous race splits, and we saw that teams who often started out slower and saved their energy were often more successful... A lot of other teams ended up going out too fast, but we stayed patient and moved up a lot in the second and third mile. That helped us to succeed as a team in the race."

This season, the team has done a lot of workouts on hills to prepare for the terrain at Black Bear. Tam Gavenas '25 emphasized how the team's hard work and dedication in hill workouts proved valuable in the race, propelling the team to the win.

Gavenas said, "Our Coach [has] been giving us a lot of workouts on trails with some tough hills. We found ourselves struggling in the first week or so going up big hills, so we did a lot of hill repeats on the trails leading up to the meet on Saturday, and we really practiced going up the hills and getting stronger on them."

According to Luke Williamson '25, teamwork was also a big strength for the team this weekend. Teammates ran together and challenged one another throughout the race, with the team's first and fifth runners placing just 18 places from one another in a race with 168 individuals.

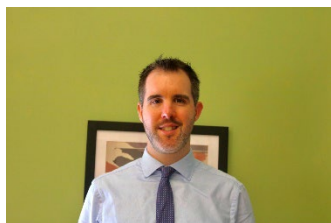
Williamson said, "The team works together really well, and from our number three runner to our number seven runner, we are all pretty similar in pace, so we can push each other. In the race, me, Jakob, and Robert, we were all pushing each other for pretty much the entire race. At the end, working together was especially helpful because... we all worked together to finish strong and pass as many people as possible."

Andover Boys Cross Country will race at home on Saturday against Choate Rosemary Hall.

Anya Budzinski

Oct 5, 2023

Head Coach Patrick Rielly: Leading Andover Cross Country with Care, Perseverance, and Approachability



This season, Head Coach Patrick Rielly took on the position of Head Coach for both Andover Boys and Girls Cross Country. One of his guiding principles as a coach is the importance of support, also noting that progress manifests differently in different athletes.

Rielly said, "We've been talking a lot about going 'from good to great' this year. The runners put in the work this summer to have a great season, and they're focused and hungry for success this fall. I do my best to support all of our athletes to stay healthy, get stronger, and find success in the sport. Success looks different for everyone, and we celebrate that on our team."

Since both programs combined have 82 athletes, Rielly is tasked with unifying one of the largest teams at Andover. Zoe Von Eckartsberg '26 highlights Rielly's effort in unifying the athletes.

“Two years ago [Boys Cross Country and Girls Cross Country] were separate and last year was the first year that him and Coach [Keri] Lambert decided to merge the teams. I think that even though we practiced together, they were still pretty separate environments. There wasn’t a lot of crossover between the boys team and the girls team, and especially this year since Coach Lambert is out, he’s really been trying to make it one team,” said Eckartsberg.

Mario Calvo ’24 acknowledged Rielly’s strides in opening cross country to students of all levels, while bringing them together as a single community.

Calvo said, “Coach Rielly, to me, is the epitome of a ‘people’s runner,’ someone who does not portray distance running as a sport for the elite few, but rather as a team sport where anybody can be successful. At the beginning of practice, he will address the team by highlighting the day’s plan for every level of experience, demonstrating that no matter what your times may be, you will be doing something to make [yourself] better every day.”

Lily Williamson ’25 highlighted Rielly’s creative methods he employs to help his athletes improve both physically and mentally. Williamson added that this year, Rielly reads poems before practices to motivate and push each athlete.

Williamson said, “Almost every single day so far, throughout practice or at the beginning of practice, he would read us a poem and have [us] visualize and close our eyes and picture whatever the theme of the poem was for that day. So when it’s raining, he gives a poem about running in the rain and how to value that. And I think those are really fun moments at the beginning of practice.”

According to Calvo, Rielly prioritizes the safety and wellness of athletes over anything else. He also prioritizes instilling confidence into each of his runners before meets by providing concrete strategies.

“He will do everything in his power to make sure that every runner is safe and accounted for during a long trail run, and that every runner has their own plan of attack to run the best race they possibly can, come meet day. I greatly admire Coach Rielly, and look forward to working with him throughout my senior season of Cross Country as well as the upcoming Track [and Field] seasons,” said Calvo.

Calvo noted that Rielly is both a motivational force on the team and also a friendly face. Rielly is able to break down distance running to its foundation, eliminating any intimidation a runner may experience.

“Rielly is not only someone who knows how to motivate his runners during practices but also someone who pushes you to dig deep during a tough race. Furthermore, Coach Rielly is approachable and talks about distance running in a way that makes it simple, attainable, something that anyone with hard work, can be a successful distance runner,” said Calvo.

When asked about his favorite part of coaching, Rielly shared his appreciation for the connections formed between the team. He emphasized the bonds that can be formed through runs.

Rielly said, “There’s really nothing better than getting out for long runs on the trails and paths of Andover in the fall. You always learn something new about the person with whom you’re running after ten miles together.”

Evan Curtin

Oct 5, 2023

Boys Cross Country Sweeps First Home Race of the Season Against Choate



Saturday 10/7 – Andover: 15, Choate: 50

In its first home race of the season on Saturday, Andover Boys Cross Country swept Choate, taking the top fourteen individual spots.

Going into the race, the team was confident about its home course, having practiced on it a lot in the week leading up to the meet. Jakob Kuelps '25 talked about how the home course advantage helped the

team succeed.

Kuelps said “It was great to be back racing on home turf and to have parents, teachers and our friends out there supporting us. It was great energy. Being on the home course definitely made us more confident going into the race knowing what was ahead. In our last meet, the Black Bear Invitational, we didn’t really know the course and we were a bit more nervous going in. We had run on the [home] course a lot the week leading up to it so we were really well prepared and excited.” Kuelps continued, emphasizing how the team pushed one another to run faster and worked together throughout the race.



“The aim of the meet was to compete with each other, internal competition. It ended up that our first 14 runners came in before the first Choate runner. We anticipated that we would mostly be competing against our own teammates, and we all pushed each other really well which was great for the team, and we all ended up having good races. It was a really good prep for Andover vs. Exeter which

will be another home race on November 4th,” said Kuelps.



Kuelps won the race and set a major personal record of 16:35 for five kilometers. Arun Kapoor '25 talked about Kuelps' breakthrough performance over the weekend.

Kapoor said, “Jakob Kuelps had an excellent race and a bounceback race. It was really awesome to see him go out there and get after it the way he did. He went out hard with the big group which was me, Luke

Williamson ('25) and Robert Budzinski ('26). Jakob and Luke both had great races. They worked really well together and pushed each other to big personal best times. He has been super consistent with his training leading up to this and it really came together for him this weekend.”

Time running on the home course was essential to the team's success; however, there were new surfaces being put down on Andover's home course just a week before the race, according to Max Huang '24.

Huang said, “The days leading up to the race we were able to get out on the course a lot which was definitely nice. The course had been recently redone so it was good to get a feel for the surfaces and scout out the tangents. There wasn't going to be a ton of competition just because it was a dual meet. I think our strategy was really just to work well with our teammates and go for a good time.” Andover Boys Cross Country will face St. Paul's and Austin Prep at St. Paul's on Saturday.

Any Budzinski

Oct 13, 2023

Boys Cross Country Locks In Podium Sweep at St. Paul's Quad Meet

Saturday 10/17 – Andover: 21, St. Paul's: 51, NMH: 65, Austin Prep: 109

On St. Paul's course, Andover Boys Cross Country put five runners in the top ten, winning by 30 points over St. Paul's, Northfield Mount Hermon (NMH), and Austin Preparatory School (Austin Prep) on Saturday. Notably, Max Huang '24, Luke Williamson '25, and Jakob Kuelps '25 secured the top three places, respectively.

With a tough week of training leading up to the meet, the team devised a race plan that accounted for the resulting fatigue. Robert Budzinski '26, who finished in seventh, noted his teammates' efforts to help each other with pacing.

"We did a really hard hill workout on Monday, followed by a long run on Wednesday, which was closer to the race than usual since long runs can often leave your legs tired for multiple days.

Knowing we were going into the race with tired legs, we kept it really conservative and relaxed for the first two miles. In the last mile, we let loose and gave it what we had. The team executed this plan really well, and we had a really successful race," said Budzinski.

According to Captain Avin Ramratnam '24, the teammates' abilities to commit to the race plan and hold one another accountable was a crucial factor in its success. The team's mantra of the meet was "lock in."

"The biggest strength was focus. On the line, we were all super focused. Everyone had a plan and the team had a plan. With our focus and our good mentality, we executed really well in the race. We had a really good strategy going into the race, and we have such a solid group of guys it is rare that we burn out or have a bad race. We all keep each other focused and push each other throughout the race," said Ramratnam.

Despite being a smaller meet, the team still went into the race anticipating a challenging five kilometers. Kuelps highlighted how the team relied on mutual support to maintain high spirits and confidence in the race.

"We had high expectations of ourselves since we have been training really hard. We all wanted to place well individually and win the meet as a team. We worked together to help our teammates to achieve [personal records]. I know some people were really nervous before the race so it was really important that we had a supportive environment before and during the race," said Kuelps.

Looking ahead, the team plans to continue expanding on the foundation it has built regarding training and team culture. Ramratnam talked about how camaraderie is the core of the team, with everything else revolving around the team's relationships.

"Throughout the season, we have established a great camaraderie of perseverance and of grit. We have emphasized mentality a lot, and we are really focused on building on that as we go into the championship season," said Ramratnam.

Andover Boys Cross Country will race at NMH in a quad meet against Phillips Exeter Academy, Deerfield, and NMH on October 28.

Any Budzinski

Oct 20, 2023

“Blood and Mud”: Boys Cross Country Dominates on Difficult Course

Andover Boys Cross Country took on Northfield Mount Hermon (NMH), Choate, Deerfield, and Phillips Exeter Academy (Exeter) on Saturday, edging out Exeter for first place by just two points. Tam Gavenas '25 and Max Huang '24 led the team on NMH's course, sealing the top two individual finishes, respectively.

Going into the race, Head Coach Patrick Rielly gave a pep talk to the team, informing them of the difficult terrain of the NMH course. In spite of the technical course, Andover was confident in its preparation, noted Jakob Kuelps '25, who finished seventh overall.

“We were pretty nervous going into the race. Coach Rielly had told us that NMH was the ‘blood and mud’ course, meaning it is very difficult. We didn’t really know what to expect, but we were also confident in the hard work we have put in this season. We were ready to tackle it, even though we knew it would be hard. We were really focused and ready to all do our respective part in the race for the team,” said Kuelps.

In the week leading up to the race, the team focused on different fitness strategies as well as recovery. Placing sixteenth, Robert Budzinski '26 noted how these workouts helped with the team's success.

Budzinski said, “On Monday, we did a hill workout in the [Cochran Bird] Sanctuary, which is our home course... We ended up doing a full [5K's worth] of 5K effort running on hills, which really helped us to prepare for the hilly terrain on the course at NMH. In addition to the 5K pace reps, we did a fast finish which helped us practice finishing fast on tired legs... The rest of the week was really focused on recovery and making sure our legs were really fresh going into the race.”

Eighth-place finisher Luke Williamson '25 mentioned previous preparations that had helped the team feel confident on the NMH course, aside from the Sanctuary practices. Other courses had also helped the team to maneuver hills and pace themselves well.

Williamson said, “Our team is very strong with the rolling hills, because the whole race is like, you just got to keep working up the hills. There's never an off moment. You get some downhills, but you always go straight back into the uphill, and I feel like we've been ready for that.”

According to Kuelps, a key factor in the team's victory was its ability to stay composed when competing against historically-dominant opponents.

Kuelps said, “We all had great mental resilience and competed really well with the other teams in the race, especially Exeter, so we could place as high as possible. Our mental strength was what carried us in this race and helped us to get the win.”

Andover Boys Cross Country will host Exeter on Saturday.

Anya Budzinski

Tara Menon

Nov 2, 2023

Andover/Exeter Boys Cross Country Race Delivers Record-Breaking Performances from Both Teams



11/4 – Andover: 35, Exeter: 23

Although Andover Boys Cross Country fell to Phillips Exeter Academy (Exeter) on its home course on Saturday, the team's top seven runners all ran under 17 minutes for the first time in history, and the full team totaled 41 personal record performances.

Tam Gavenas '25 shattered the home course school record with a time of 15:09 on Saturday, surpassing his previous record-setting best of 15:30. Despite running under the all-time course record of 15:19 set by Northfield Mount Hermon's Alex Ehrenthal '20, Gavenas was outrun by Exeter's Byron Grevious '24 in the same race. Grevious furthered the record to 15:05.

The team worked hard in practices leading up to the meet and showcased its efforts through its personal times, ranging from five-second to three-minute improvements. Captain Avin Ramratnam '24 credited the team's success as a culmination of its work throughout the season.

"Over the course of the season, we've been really dedicated to the program, to the team, and to our training, and that reflected a lot in the individual times," said Ramratnam.



The team prepared in the weeks leading up to the meet by establishing tangents and sightlines that would contribute to the team's tactics. Tenth-place finisher Jakob Kuelps '25 explained that the team referred to its knowledge of the course to make specific moves against Exeter.

"[Head] Coach [Patrick] Rielly emphasized a lot that we just have to run those tangents and make sure we're running the least distance possible. That's the biggest advantage we can get with the home course, but it also helped knowing when to attack, knowing when to pull back, and I think that was another tactical advantage we had against Exeter," said Kuelps.

Ramratnam noted that Exeter's tactics greatly differed from Andover's, where Exeter's top five runners went out hard from the gun in a tight pack. In response to Exeter's strategy, Andover worked to keep its composure and remained confident in its strategies.



"It was definitely a challenge trying to accommodate for the fact that Exeter has a very different race strategy than us, but something that we took away was that we have to trust in our training and trust in our race plan regardless of what the other team does, and if we trust in our plan then we can execute properly, and we have chance to win at Interschols [the New England Preparatory School Athletic Council

Championships]," said Ramratnam.

According to Luke Williamson '25, who finished in ninth place, Andover was motivated by the energy of its supporters and runners. Andover/Exeter marked the last home race of the season for the whole team. For the Seniors not traveling to Interschols, it was also their last time competing for Andover.

"[The race is] big, it gets you going, and we had people cheering loudly. Everyone was hype. I think that just makes you want to run faster. Everyone just took that [energy] and ran with it," said Williamson.

Andover remains hopeful as they look forward to the Interschols at Loomis Chaffee (Loomis).

Kuelps acknowledged that despite the loss, the impressive results of the dual meet allowed the athletes to remain optimistic about a win at the upcoming championship.

Kuelps said, “We are racing over at Loomis, another fast course, so it will be great to run over there.

I think we are just going to bottle up the loss and try harder and use that furiosity to win.”

Andover Boys Cross Country will compete at Interschols on Saturday at Loomis.

Lily Williamson

Katherine Rodgers

Nov 9, 2023

Girls Cross Country 2023

Head Coach: Patrick Reilly

Assistant Coaches: K Lambson, L Dzubay

Captain: Patricia Tran

Overall Season Record

Won	Lost	Tie
5	0	0

Letter Winners: Anya T. Budzinski, Caitlyn Y. Chow, Emma E. Hagstrom, Olivia Isacson, Storrie J. Kulynych-Irvin, Kennedy C. Leach, Tara L. Menon, Lauren V. Montgomery, Aimee L. Qi, Alison Schneider, Serafina B. Shin-von Nordenflycht, Chloe H. Song, Patricia A. Tran, Zoe A. von Eckartsberg, Lily V. Williamson, Emily H. Wu

Award Winner:

HALLOWELL CROSS COUNTRY CUP - Patricia A. Tran

Girls Cross Country

2023 Schedule and Results

DAY	DATE	TEAM NAME	OPPONENT NAME	SITE	TIME	Score	W	L
Sat	09/23/2023	Cross Country G	Manchester Invitational	A	10:00 AM	3rd out of 26		
Sat	09/30/2023	Cross Country G	Black Bear Invitational	A	10:00 AM	5th out of 18		
Sat	10/07/2023	Cross Country G	Choate/Montrose	H	4:00 PM	26-31	W	
Sat	10/14/2023	Cross Country G	St. Paul's/Austin Prep	A	2:15 PM	15-57, 15-58	W,W	
Sat	10/28/2023	Cross Country G	NMH/DA/PEA/PA	A	4:25 PM			
Sat	11/04/2023	Cross Country G	Exeter	H	3:30 PM	28-29	W	
Sat	11/11/2023	Cross Country G	INTERSCHOLS	A	1:15 PM	2nd		
Sat	10/28/2023	Cross Country GJV	NMH/DA/PEA/PA	A	4:25 PM			
Sat	11/04/2023	Cross Country GJV	Exeter	H	3:30 PM		W	



Phillips Academy Girls Cross Country 2023

<u>Name</u>	<u>Yr.</u>	<u>Hometown</u>
Anya T. Budzinski	2026	North Andover, MA
Caitlyn Y. Chow	2025	Toronto, ON CA
Camille H. Davis	2027	New York, NY
Antonia A. Elliott	2027	Naches, WA
Matilda P. Fletcher	2027	San Francisco, CA
Emma W. Greenhut	2027	New Canaan, CT
Yu Guo	2027	Happy Valley, HK
Emma E. Hagstrom	2025	Reading, MA
Olivia Isacson	2026	New York, NY
Olivia S. Jameson	2026	Tokyo, JP
Arden M. Kim	2027	Berwyn, PA
Katerina Kokkotos	2025	North Andover, MA
Storrie J. Kulynych-Irvin	2024	Annapolis, MD
Kennedy C. Leach	2025	Phoenix, AZ
Erin Lee	2027	Jersey City, NJ
Tara L. Menon	2026	Miami, FL
Lauren V. Montgomery	2025	Philadelphia, PA
Aimee L. Qi	2027	Sharon, MA
Natalie I. Rodriguez-Vasquez	2027	Lawrence, MA
Alison Schneider	2026	Andover, MA
Serafina B. Shin-von Nordenflycht	2025	Seattle, WA
Marissa Simeqi	2025	Andover, MA
Chloe H. Song	2026	Lexington, MA
Sophie M. Staii	2025	Andover, MA
Patricia A. Tran	2024	Glenelg, MD
Zoe A. von Eckartsberg	2026	San Francisco, CA
Lily V. Williamson	2025	Santa Monica, CA
Evie M. Wood	2025	Andover, MA
Emily H. Wu	2025	Boston, MA
Emelia K. Yang	2024	Sacramento, CA
Alice Y. Zha	2025	Montreal, QC

Coach: Patrick Rielly

Assistant Coach: K Lambson, L Dzubay



Girls Cross Country 2023 Highlights

SEPTEMBER 23, 2023

Cross Country GV at Manchester Invitational

GXC OPENS SEASON WITH BIG RACES AT MANCHESTER INVITATIONAL

PAXC opened their season at the 49th annual Manchester Invitational meet at Derryfield Park in Manchester, NH with really strong racing across the board.

In the first GXC race of the day, Aimee Qi ('27) ran away from the field to claim a win in her PAXC debut. After working hard to return from injuries, Serafina Shin-Von Nordenflych ('25) crushed her opening race as the second finisher for Big Blue. Lauren Montgomery ('25) ran strong through the hills and trails to finish next for Andover, and she was followed closely by Alice Zha ('25) and Toni Elliot ('27), who rounded out the top five by running excellently in their first races for GXC.

Next up, the Varsity girls continued the strong GXC performances in the penultimate race of the day. They were led by Storrie Kulynych-Irvin ('24), who worked her way up across the 3.1 miles of the race to take fourth overall. Emma Hagstrom ('25) was next in for GXC and began her season with an outstanding performance to finish just outside the top ten overall. Making their GXC debuts, Anya Budzinski ('26) and Tara Menon ('26) both showed off their strength from solid summer training to take the third and fourth finishing positions for GXC. Chloe Song ('26) and Emily Wu ('25) ran near or below their last season's best times to round out the GXC Varsity group. You can find full results [here](#).

Next weekend, PAXC will travel to New Hampshire again to compete in the Black Bear Invitational at Coe-Brown Northwood Academy.

SEPTEMBER 30, 2023

Cross Country GV at Black Bear Invitational

ANDOVER GIRLS RACE TO STRONG FINISHES AT BLACK BEAR INVITATIONAL

The Andover girls made a strong team debut at the Black Bear Invitational hosted by Coe-Brown Northwood Academy. Coe-Brown's challenging course and the excellent competition made it a perfect cross country fall Saturday, and the PAXC runners rose to the occasion.

First up, the JV girls took the course and stayed competitive over the rolling, winding hills of the 3.1 miles. Lauren Montgomery ('25), in her first PAXC 5K, crossed the line as the first Andover runner to finish in a gutsy race. Alison Schneider ('26) followed with a strong finish across the last stretch of track, and Minnie Kim ('27) and Lily Williamson ('25) worked as a pack in the last mile to round out the Andover group.

In the Varsity race, the girls dug deep and ran strong throughout the difficult course. Emma Hagstrom ('25) fought her way through the third mile to finish seventh overall in an incredibly impressive display of resolve. Anya Budzinski ('26) and Tara Menon ('26) were next in for PA, and both runners showed some real heart and durability out there. Chloe Song ('26) continued her excellent early-season running with a second race in a row in near-PR speed. Aimee Qi ('27) made her PAXC 5K debut in a great performance, and she was followed by classmates Serafina Shin-Von Nordenflycht ('25) and Emily Wu ('25), who held their own in a deep field. The Varsity girls took fifth as a team.

You can find the full results [here](#).

PAXC was thrilled to join the Black Bear Invitational this fall and are grateful to the meet directors for running an excellent meet. Next week, Andover will return to action on their home course in a dual meet against Choate.

OCTOBER 7, 2023

Cross Country GV vs Choate

W 26-31

GXC TOUGHS OUT A WIN AGAINST CHOATE

GXC welcomed Choate to the home course, and a strong team effort led to a win against the Wild Boars.

Up front for Andover, Anya Budzinski ('26) continued her steady running this season with an excellent, assured performance to take the win for Andover. Next in, Tara Menon ('26) overcame a lingering cold to run to an amazing time in her first race on the home course to take second overall. Chloe Song ('26) raced to a PR to finish fourth overall, third for PA, and first-year standout Aimee Qi ('27) continued her competitive racing with a new PR and a ninth-place finish. Edy Leach ('25), in her season debut, was Andover's fifth in a tight meet, and it was great to have her in the mix in the first home meet. Another debut runner, Caitlyn Chow ('25) showed some excellent potential while Emily Wu ('25) lowered her home course PR as Andover's seventh finisher.

Out of the 23 runners, 13 were making their PAXC home course debuts, and we saw some great runs from those athletes that bode well for future meets.

Next Saturday, GXC will travel to St. Paul's School to race on their beautiful home course.

OCTOBER 14, 2023

Cross Country GV at St. Paul's/Austin Prep

ANDOVER GIRLS TAKE TOP FIVE PLACES AT SPS INVITATIONAL

Traveling to the beautiful Concord, NH trails of St. Paul's School, GXC took the win in commanding fashion against SPS and Austin Prep.

After a focused warm-up, GXC led from the gun, taking the first five places with brilliant, strong running in their front pack. Storrie Kulynych-Irvin ('24) took the lead early and didn't look back, winning the race with an impressive run. Emma Hagstrom ('25) was next in for Big Blue, finishing

with a confident, speedy last 800m. Tara Menon ('26) and Anya Budzinski ('26) followed in short succession with two great races--and another PR for Menon. Chloe Song ('26) rounded out the Andover five, continuing her inspiring racing this season. Those five finished 1-5 overall to seal the win for GXC.

Among many other strong races for the Andover girls, there were notable personal best times from Aimee Qi ('27), Olivia Isacson ('26), Angela Guo ('27), Camille Davis ('27), Evie Wood ('25), and Maddie Fletcher ('27). Continuing the strong racing, the girls' JV team also finished first among the three competing teams.

[You can find full results here.](#)

Andover will compete in two weeks' time (10/28) at NMH against Deerfield, Exeter, Choate, and the host team.

OCTOBER 28, 2023

Cross Country GV at NMH/DA/PEA/PA

GXC TAKES WINS AT NMH QUAD MEET

GXC traveled to the beautiful NMH campus to take on Deerfield, Exeter, Choate, and the host team and came away with wins against each.

Andover took 1-2-3 for the second meet in a row with very strong running up front. Emma Hagstrom ('25) paced the PA pack, finishing in first with an excellent closing 1000m. Next in, Storrie Kulynych-Irvin ('24) followed Hagstrom with another strong performance to take second, and Anya Budzinski ('26) had an outstanding closing kick to take third. Tara Menon ('26) toughed out the NMH hills to race to a sixth place overall finish, and Chloe Song ('26) battled through the difficult NMH course to finish just outside the top ten overall. Andover's fast-running first-year, Aimee Qi ('27), continued her tear as PA's sixth, and Edy Leach ('25) rounded out PA's top seven with an assured run.

On the JV side, Angela Guo ('27) paced PA to take second overall. She was followed by Alison Schneider ('26), Camille Davis ('27), and Lauren Montgomery ('25), who all proved that they were "tougher than the course" on this Saturday.

You may find full results [here](#).

Next weekend, GXC will be at home for the annual Andover-Exeter dual meet, which always brings out some excellent racing from both teams.

NOVEMBER 4, 2023

Cross Country GV vs Exeter

ANDOVER WINS CLOSE RACE AGAINST STRONG EXETER TEAM

The Andover girls welcomed Exeter to the PAXC home course, and as usual, the matchup saw excellent running from both squads. GXC came away with a narrow win on the Varsity while Exeter took the JV race.

Emma Hagstrom ('25) and Storrie Kulynych-Irvin ('24) continued their front-running ways, finishing second and third overall in an extremely close race with Exeter's number one runner. Next in for Andover, Anya Budzinski ('26) registered a PR on the home course in a brilliantly paced performance. Teammate Tara Menon ('26) had a breakthrough race following Budzinski and taking sixth place overall. Getting the call-up to Varsity for the first time this season, Edy Leach ('25) ran to a huge PR in an assured, hard-nosed run.

On the JV side, Andover runners ran to ten PRs. Led by Serafina Shin-Von Nordenflycht ('25) and Caitlyn Chow ('25), the GXC JV squad raced well on the home course. PR performances by Olivia

Isacson ('26), Alision Schneider ('26), Lauren Montgomery ('25), Alice Zha ('25), Camille Davis ('27), Minnie Kim ('27), Saya Jameson ('26), and Emma Greenhut ('27) marked wonderful improvement from the whole squad.

Next week, GXC will travel to Loomis Chaffee to compete in the NEPSTA Division I XC Championship (Interschols).

NOVEMBER 11, 2023

Cross Country GV at Loomis – INTERSCHOLS

GXC RUNS STRONG TO SECOND PLACE FINISH AT NEW ENGLANDS

GXC traveled to Loomis Chaffee for the NEPSTA Division I Cross Country championship, and after some really strong racing, the Varsity girls took second place in a very competitive field.

Led by Storrie Kulynych-Irvin ('24) and Emma Hagstrom ('25) as they have been all season, GXC took it out with the leaders in the early going and stayed in the front throughout. Both Kulynych-Irvin (4th) and Hagstrom (5th) earned all-New England honors for their efforts, and they were joined in that by their teammates Anya Budzinski (9th) and Tara Menon (13th). Budzinski ('26) and Menon ('26) ran tough as Andover's second pack, fighting for every place for their team. Returning from injury, Chloe Song ('26) PRed in an excellent performance to round out PA's scoring five. Also racing to huge PRs, Edy Leach ('25) and Aimee Qi ('27) held their own in the race and ended their season with an exclamation point.

On the JV side, Caitlyn Chow ('25) and Alison Schneider ('26) raced to PRs to lead the GXC squad. Lily Williamson ('25) ran a season's best time in a gutsy run, and Serafina Shin-Von Nordenflycht ('25) and Emily Wu ('25) delivered hard-nosed performances, battling through setbacks to get over the line with determination and admirable resolve.

[You may find full results here.](#)

Next year, GXC will return all but one of their Interschols group. The future looks bright for this team!

Girls Cross Country In The News

Girls Cross Country Finishes Third Out Of 26 Teams at Manchester Invitational

On Saturday, 20 Andover Girls Cross Country runners traveled to the Manchester Invitational in New Hampshire for the team's season opener. The team raced in the JV-C 2.1 mile and the Large School Varsity five kilometer races. The Manchester Invitational course is notorious for its hills, but the team rose to the challenges and found success, placing third out of 26 teams.

Chloe Song '26 described the team's workout prior to the Invitational to help prepare it for the course's hills. The extensive practice fostered confidence within teammates on race day.

"And just on Wednesday, we had a hill workout on Ward. We did 1100-meter repeats to get us prepared for Manchester. And I think it definitely helped. We saw the fruits of our labor," said Song. The team worked on instilling motivation through friendship, explained Emma Hagstrom '25.

Runners continue to adapt to high-demanding meets and put forth maximum effort.

"We've really worked on getting to know each other, getting close to each other, and putting in the work at practice and holding ourselves accountable to make sure we bring our best every single day at practice," said Hagstrom

This season, Girls Cross Country underwent major coaching changes, notably the loss of previous Head Coach Keri Lambert. With Head Coach Patrick Rielly now leading both boys and girls programs, Hagstrom believes the team has adapted well to the change.

“Coach Rielly is a great coach and he has told us that he’s focused on both the girls and the boys teams fully, and he’s really helped us step up our team even though we have one less coach,” said Hagstrom.

Song echoed her sentiments, describing Lambert’s efforts to stay in touch with the team even in her absence. This served as another form of motivation, bolstering the team’s determination to excel and reinforcing the team’s strong sense of unity.

“We were racing in the spirit of Coach Lambert, the spirit of past GXC teams. Just because Coach Lambert was not there physically with us, she was commenting on Strava. She was commenting on our posts,” Song said.

A new addition to the team, Storrie Kulynych-Irvin ’24 appreciated the support she felt from the boys and the girls team. Placing fourth out of 172 individuals, she credited her teammates for helping her stay consistent with pacing her race.

Kulynych-Irvin said, “Our team atmosphere has been really good, and I feel really welcomed as someone who’s totally new to the team and having to jump right in. I value practicing with the boys and it helps us to be a cohesive team... Right now I definitely feel like it’s working well, and it’s great to have more people to push your workouts always.”

Kulynych-Irvin believes that the team is talented and confident. Looking ahead to the New England Preparatory School Athletic Council Championships (Interschols), she believes the team’s success will rely heavily on the well-being of each member.

“One of our Varsity runners wasn’t able to compete at Manchester, but we’re hoping to have everybody healthy and ready to go at Interschols. We definitely have a really solid girls team,” Kulynych-Irvin.

Andover Girls Cross Country will race at the Black Bear Invitational in New Hampshire this Saturday.

Tasha Bohorad

Sep 28, 2023

Girls Cross Country Finds Mental Fortitude at Black Bear Invitational

Andover Girls Cross Country revisited New Hampshire for the second weekend in a row, this time to compete at the Black Bear Invitational hosted by Coe-Brown Northwood Academy. Despite missing several runners, the team placed fifth out of 18 teams. Emma Hagstrom ’25 led the team with a seventh place individual finish out of 131 runners.

According to Lauren Montgomery ’25, the hilly course was difficult, limiting the number of personal records (PRs) the team saw. However, the team morale was not affected and spirits were high throughout the meet.

Montgomery said, “The course was really tough, but I think there was a lot of super-positive energy for the team. I know everyone was cheering after their own races. Not a lot of people PR’d because it was a really hard course, lots of hills, but great energy, and it set a great tone for the start of the season.”

This week, Andover runners experienced the new terrain of rolling hills. Tara Menon ’26 shared that despite the tough course conditions, the team raced harder this week than the previous one.

“We all gave our best effort and although we might not have gotten better times than last week, I think effort wise, we all gave probably more effort,” said Menon.

Though not all runners were able to attend the Black Bear Invitational, there was the opportunity for the limited number of athletes to bond on a deeper level. Olivia Isacson '26 highlighted the connections that were formed between teammates over the weekend.

"There was a lot of team spirit even though there weren't as many people as [the] Manchester [Invitational] because there had to be cuts. Because there were so few people, everyone was really close and we really bonded. I think the event was shorter and it was much less chilly, so it made the environment much better," said Isacson.

Chloe Song '26 was motivated by the unity displayed on the course. She described one of the team's traditions: saying "spark it" as teammates pass one another on the course.

"A lot of the girls fought really hard on the course. But we relied on each other using teamwork. I said 'spark it' actually a couple times. It was very wholesome and I was filled with a lot of joy. It didn't matter if my team was in front of me or behind me but I knew they had my back," said Song. Isacson noted that Andover's practices have been geared towards having the team at its best on meet day. The flexible training, combined with coaching support, allows runners to cater the practices to fit their needs.

"I definitely think that practice trains really well for competitive racing... I definitely think the coaches try to help you with the sprints at the end of workouts, and help you focus on things you can work on. And they're really supportive regardless of how you do... The environment is very chill and casual for those who want it to be casual. And for those who want it to be tense there are those [more strenuous] workouts," said Isacson.

Andover Girls Cross Country will host Choate and Montrose this Saturday.

Tasha Bohorad

Oct 5, 2023

Captain Patricia Tran '24: A Resilient Face of Cross Country



A bridge between runners of all experience levels, Captain Patricia Tran '24 leads Girls Cross Country by showcasing persistence and grit. Through fostering interpersonal connections and building confidence in runners, Tran represents the values of the program.

Tran began her Cross Country journey at Andover, where she was originally keen on playing soccer. After deciding to do Cross Country, Tran quickly clicked with the community, finding herself doing distance running all three seasons. "At first, going into my Lower Fall, I thought I was going to do soccer but then somehow I just made the switch to cross country a few weeks before preseason, just because I wanted something I could do year round, and with distance running I can do cross country and distance track... I think I [stuck] with it because of the great community it has. I really just felt welcome[d] in that community," said Tran.

Although Tran is recovering from an injury, she still dedicates her time into planning activities for the team and helping foster a connection between the Boys and Girls Cross Country teams. Olivia Isacson '26 emphasized Tran's ability to bridge the gap between runners by getting to know them and cheering them on from the sidelines.

Isacson said, "I think the thing that stands out to me the most is probably her involvement in practices and races because even though she isn't running right now, she still has a bike so she follows us around and talks to us. I think she also goes beyond coaching Girls Cross Country because she also talks a lot to the boys team and tries to meet up and organize lots of activities."

As someone who started running her Lower Year, Tran stresses ways to help the newer runners get comfortable with the sport. According to Tran, the team fosters an inclusive space for all experience levels where the primary focus of the team is growth.

Tran said, “I think I can connect with [new runners] and I’ll give them advice... I can be open-minded, empathize with them and know that everyone starts in a different spot. The best way I can support them is to just be there for them and talk to them and welcome them. And for the experienced runners it’s just a matter of pushing them, making sure they’re respecting their bodies and making sure they’re sleeping well, eating well, stuff like that.”

As a new Lower, Tara Menon ’26 immediately felt comforted by Tran’s leadership. Tran’s encouraging comments have helped push Menon to become a resilient athlete, greatly contributing to her confidence and success.

“She’s always supporting everyone. When we’re in practice, she’s always motivating me. She’s saying, ‘One more lap,’ she’s always there on the side helping me get through the workout. And when we’re not running, she’s still always giving us advice and being a really good friend,” Menon said.

Evie Wood ’25 shared a similar sentiment, highlighting Tran’s efforts of building the confidence of the runners on race day. By establishing a system of camaraderie, Tran shifts the sports’ dynamic from individual success to a more team oriented focus.

“During meets, my favorite thing about her is that she goes, travels up and down the course to cheer everyone on, and I love how enthusiastic she is to make sure that everyone feels supported. She leads all the warm-ups and answers questions, and she makes it feel like we’re a real team even though cross country is an individual sport,” said Wood.

Tran feels honored to be the Captain of a program that she has cherished for years. Captaincy has helped her maintain the legacy of Girls Cross Country through contributing in her own special way.

“I think having people look up to you is a very special feeling. Looking back two years ago, I was just starting the sport and had no clue what I was doing. So I looked up to the people who were winning races and a lot older, a lot stronger than me, and the fact that people are now looking up to me is something very special,” said Tran.

Orla Naughton

Oct 5, 2023

Girls Cross Country Wins First Home Race



Saturday 10/7 – Andover: 26, Choate: 31

Andover Girls Cross Country resumed its strong season with a win against Choate on Saturday. With the team spirit being at an all time high, 13 out of the 23 runners made their home course debuts.

Maddie Fletcher ’27 revealed her first impressions of running her first race on Andover’s course. She commented on how the team’s encouragement helped cultivate welcoming spaces, regardless of

experience level.

Fletcher said, “The team is definitely not hierarchical. We are all here to run, we are not here to beat each other, we are trying to beat ourselves. In the most recent race, we had a sort of pack of six of us. We all had high spirits and told each other to keep going which fosters a great team spirit. Our team in general is very enthusiastic and supportive.”

Alison Schneider ’26 expanded on the impact of a young team. According to Schneider, the presence of only one Senior and one postgraduate on the team has shifted the team dynamic from previous years.



Schneider said, “We have a lot of new runners. I was on the team last year, so it is good to introduce new runners to the team. But I think it is a good thing to have a young team so we have runners for the next few years.”

The team focused on maintaining quality during practices in preparing for its home course debut. Sophie Staii '25 talked about how doing hill repeats up Heartbreak Hill in the Cochran Bird Sanctuary was a major part of the team's training regime.

“We did a lot of running on the whole course. Heartbreak Hill, which is in the Sanctuary, is a big hill so we went to that part of the course and ran it multiple times. We also just made sure which turns to take so we would know where to go,” said Staii.

For most people, Heartbreak Hill was the most challenging part of the race. The hill's steepness proved to be an obstacle, especially at the tiring last stretch of the race, according to Fletcher.

“Pacing Heartbreak Hill is the main thing. Heartbreak is tough. Choate was struggling more, but we were struggling as well. It is mostly an even or small hill race, but once we get to Heartbreak Hill, getting over that hurdle and getting over that hump is very difficult. Great Lawn is also really challenging due to the long path and bad, spongy condition. In addition to those both being at the end, it takes what little stamina you have in you away. But once you get past those two parts, you know we are good,” said Fletcher.

Despite the victory, the team will continue to focus on areas of improvement. Since the team is still in the early stages of the season, the team is prioritizing endurance and team bonding, according to Schneider.

“Well it is the beginning of the season so speed and stamina since they are big components in cross country. I think that our community is well formed. I think we are getting into the swing of things and finding people that we can race with and follow,” said Schneider.

Andover Girls Cross Country will race St. Paul's and Austin Prep away on Saturday.

David Siahaan

Oct 12, 2023

Girls Cross Country Dominates at St. Paul's With Perfect Score

Saturday 10/14 – Andover: 15, St. Paul's: 57, Austin Prep: 58

Andover Girls Cross Country took the top five individual places in a tri-meet against Austin Preparatory School (Austin Prep) and St. Paul's on Saturday, winning by a margin of 42 points. Caitlyn Chow '25 felt that the environment at St. Paul's course was supportive, despite the meet being away.

“[The atmosphere] was really cheerful. There were a lot of people cheering at the finish line, there was a lot of excitement, and it was really beautiful there too,” said Chow.

According to Alison Schneider '26, this week the team trained to build stamina to target the harder parts of St. Paul's, which featured technical trails and rolling hills.

“[Practice was] a lot of work in the sanctuary because that's our home course and also [has] a lot of good hills, good scenery... We do some speed workouts or just some regular slow runs in there especially before the meets... For this meet specifically, I think we were working on endurance because this course is a lot. It's just very difficult with all its turns and stuff. It's the same distance but it feels longer,” said Schneider.

Despite the challenge that the new terrain presented, Evie Wood '25 noted some of teammates' goals of achieving personal records (PRs). Overall, the team's motivation led to seven runners finishing with lifetime bests.

"[Everyone] was really focused, I think people were really ready to run their best... [There were] a couple of other teams besides us, and we were told that it was going to be a slower course. And I think people were ready to try and get better times, even though some of the technical aspects of the running might be a little bit slower," said Wood.

Chloe Song '26 credited some of the team's success to the more relaxed meet atmosphere.

Teammates found it easier to enjoy their races, with their primary focus being to conserve energy for upcoming meets.

"The girls were really confident... Besides the home meet, this was our first meet that wasn't an invitational, so we were more familiar with the type of environment and it was very intimate. There were fewer girls, so I think everyone felt more confident in their training. [Our coach] was like 'today isn't the day for PRs,' so personal records. It was more of 'We train through this meet.' Our actual PR meet is Interschols, so that's what we're focused on," said Song.

Schneider appreciated teammates' efforts to stay connected with each other. Through traditions, like Secret Psyches, the team fosters a supportive and welcoming space.

"In the girls team specifically, we have these things called Secret Psychs, where our Captain gives us a teammate's name the night before a meet and we write a little note...anonymous[ly], just to encourage them and to show that they have a teammate that's rooting for them," said Schneider.

In the weeks ahead, Wood noted that each member is driven by their individual goals. Although objectives may vary, everyone is channeling their energy towards improving for the New England Preparatory School Athletic Council Championships (Interschols).

"Certain parts of the team are working on shaving off seconds and working on more technical aspects, while a lot of the rest of the team is working on running stamina and aerobic base... I think it depends on where people are on the team, but everyone is working hard," Wood said.

Andover Girls Cross Country will race Northfield Mount Hermon, Phillips Exeter Academy, and Deerfield Academy at NMH's course on October 28.

Orla Naughton

Oct 20, 2023

Girls Cross Country "Hurries Back" With Victory at NMH

Despite the rocky and unpredictable terrain at Northfield Mount Hermon's (NMH) course, Girls Cross Country dominated against NMH, Deerfield, Choate, and Phillips Exeter Academy (Exeter) this Saturday. The team had four runners place in the top ten, with Emma Hagstrom '25 coming in first, Storrie Kulynych-Irvin '24 coming in second, Anya Budzinski '26 coming in third, and Tara Menon '26 coming in sixth.

Faced with a course full of technical trails and rolling hills, Andover went into the meet with a strategy to tackle the terrain. Because of its difficulty, runners primarily focused on challenging themselves, rather than striding for personal records (PR).

Menon said, "We went to the race knowing that it was going to be a tough course and that we... [needed to use] a lot of strategy. [We knew] to use the second, third mile to pass people and to keep the first mile a lot more comfortable... This wasn't a race that we were going to PR on, but it was a race to push ourselves on."

Edy Leach '25 noted that before the race, Head Coach Patrick Rielly emphasized the difficulty of NMH's course. With the obstacles, the course added another layer of depth to the race, challenging every runner.

“We were told by our coach, Coach Reilly, that the course was going to be a ‘mud and blood’ one. So I think a lot of people were anxious... In the end, I think everybody enjoyed the course. They either thought it was beautiful or really challenging and not really in the mindset to admire the beauty,” said Leach

Chloe Song '26 explained how Coach Keri Lambert's words of encouragement resonated with teammates, despite her maternity leave. Song recalled Captain Patrica Tran '24 reminding teammates of Lambert's saying to “hurry back.”

Song said, “[We] were all standing on the starting line and from behind us, Patricia was like, ‘Coach Lambert just said [to] hurry back’... And my mind went back to last year at NMH where [Lambert was] here with us. And it brought me back to that exact moment and I was like, ‘She is here with us.’ And so it really helped me push through the race and think ‘hurry’ back.”

Leach noted areas of improvement for the upcoming Andover-Exeter meet, such as pacing the final leg of the race well. She stressed the importance of pushing through the races, especially as the team nears the New England Preparatory School Athletic Council Championships (Interschols).

Leach said, “I personally could improve on pushing through the third mile only because that is the hardest mile, especially on that course. That was the hardest mile. And I think just for [the] future, gaining a stronger mentality just to finish the last mile of the race... We have pretty good third mile finishes, but I think we can definitely be stronger.”

Andover Girls Cross Country will race at home against Exeter on Saturday.

Evan Curtin

Nov 2, 2023

Triumph on Home Course: Girls Cross Country Edges Out Exeter



Saturday 11/4 – Andover: 28, Exeter: 29

Andover Girls Cross Country secured its first Andover/Exeter (A/E) win in five years on Saturday, narrowly defeating Phillips Exeter Academy (Exeter) by one point. Fifteen team members ran to personal records in the annual rivalry, which precedes the New England Preparatory School Athletic Council Championships (Interschols).

The team's top five runners clocked an average time of 19:45. Lily Williamson '25 discussed the race strategy that propelled the team to success. She highlighted how the team's energy-conservation tactics and the team's rigorous training were instrumental in securing the victory.

Williamson said, “We were very focused on finding tangents throughout the course, trying to cut down the distance that we had to run as much as possible. We had focused a lot throughout the week on starts and finishes and how to start the race without gassing out completely, as well as finishing the race strong and taking it at the end.”

The team held a home-course advantage in this race. The team's familiarity with the nuances of the course strengthened its tactics, allowing runners to focus on the specific parts of the course where they could take advantage of Exeter.

“Using the turf that we practice on, as well as where we compete, means that we knew where we needed to conserve our energy, where it was sort of time to bring up the speed, where it was important to stay locked in, stay focused,” Williamson said.

Fourth-place individual finisher Anya Budzinski '26 attributed the team's success in part to rigorous training before the race.

Budzinski said, “We’ve all been running since the summer, every day, miles and miles since the summer, and I think that it really all came together yesterday.”

Williamson emphasized Captain Patricia Tran '24's skill in inspiring the team, encouraging each member to prioritize not only their own performances, but also their teammates. Williamson also described the team's pre-race tradition that helped foster team camaraderie.



“Mentally, our Captain, Patty or Patricia, emphasizes before every meet that you’re racing for someone who’s either injured or couldn’t race or someone who just sort of impacted you greatly throughout the week. And so doing our pre-meet traditions on Fridays, we’ll do a course run-through, very easy. And then we’ll meet at the steps of [Samuel Phillips Hall] for strides and a team cheer. It sort of was great to talk about our concerns for the meet and emphasize how we felt

before our big A/E,” said Williamson.

The race against Exeter was not only a testament to individual performances but also to the collective spirit of the team. Budzinski highlighted the performances of frontrunners Emma Hagstrom '25 and Storrie Kulynych-Irvin '24, who ran the eighth- and ninth-fastest times of all time on Andover's course, respectively.

Budzinski said, “[Emma Hagstrom] ran a really, really strong race and ran from the front most of the race. She did unfortunately get [passed] at the end, but she did amazing. She [beat her personal record] by almost a minute.”

The team intends to save their energy for the season's conclusion with hopes of success at Interschols.

“We have our biggest meet coming up this weekend, which is Interschols...which we’re super excited about. This week, we’re definitely gonna have a focus on recovery. We [have to] make sure our legs are super fresh because if [we] run too much, we’ll be tired,” said Budzinski.

Budzinski continued, “I’m just super proud of everyone on the team. We’ve been working so hard. Every day we go to practice and work super hard together and it was just great to see everyone go out on the course, give their best effort and get great results.”

Andover Girls Cross Country will compete at Interschols on Saturday at Loomis.

Monisha Kathika

Nov 9, 2023

Girls Field Hockey

2023

Head Coach: Kate Dolan

Assistant Coach: Martha Fenton & Taylor Ware

Captain: Shea Freda

Managers:

Overall Season Record

Win	Loss	Tie
17	2	0

Letter Winners: Quiana C. Bell, Maren F. Boyle, Molly A. Boyle, Keira M. Bruen, Louisa S. Carter, Autumn M. Christian, Kimberly A. Duplessis, Shea R. Freda, Sienna K. Glass, Hannah J. Herlihy, Peyton A. Kennedy, Sarah B. Lackley, Lillyanna G. McInerney, Ava Murphy, Leo S. Oguntoyinbo, Ellie Parker, Lucy E. Parker, Avery Rodeheffer, Josephine L. Sarno, Corinne I. Spade, Margaret H. Stineman, Elisabeth M. Ware, William P. Ware, & Wendi V. Wei

Award Winner::

ABBOT ACADEMY FIELD HOCKEY AWARD - Ava Murphy

Girls Field Hockey

2023 Schedule and Results

Sat	09/09/2023	Field Hockey V	Rivers	H	3:15 PM			
Wed	09/13/2023	Field Hockey V	St. Mark's	A	3:00 PM			
Sat	09/16/2023	Field Hockey V	Thayer	H	2:30 PM	3-0	W	
Wed	09/20/2023	Field Hockey V	Lawrence Academy	H	3:15 PM	7-0	W	
Thu	09/21/2023	Field Hockey V	Brooks	A	4:30 PM	5-0	W	
Sat	09/23/2023	Field Hockey V	Loomis	H	2:30 PM	8-0	W	
Sat	09/30/2023	Field Hockey V	Tabor	A	2:00 PM	5-0	W	
Wed	10/04/2023	Field Hockey V	Governor's Academy	A	3:00 PM	5-0	W	
Sat	10/07/2023	Field Hockey V	Choate	H	3:30 PM	8-1	W	
Wed	10/11/2023	Field Hockey V	Milton	H	3:30 PM	6-0	W	
Sat	10/14/2023	Field Hockey V	St. Paul's	A	3:30 PM	4-0	W	
Wed	10/18/2023	Field Hockey V	Middlesex	A	3:15 PM	5-1	W	
Fri	10/20/2023	Field Hockey V	N.M.H.	H	6:00 PM	8-0	W	
Wed	10/25/2023	Field Hockey V	B. B. & N.	H	3:15 PM	6-0	W	
Sat	10/28/2023	Field Hockey V	Deerfield	A	4:00 PM	4-1	W	
Wed	11/01/2023	Field Hockey V	Noble & Greenough	H	3:30 PM	1-2		L
Sat	11/04/2023	Field Hockey V	Cushing	H	4:00 PM	7-0	W	
Sat	11/11/2023	Field Hockey V	Exeter	A	3:00 PM	4-3	W	
Wed	11/15/2023	Field Hockey V	Tourney vs GA	H	2:15 PM	5-0	W	
Sat	11/18/2023	Field Hockey V	Tourney vs Westy	H	2:00 PM	4-1	W	
Sun	11/19/2023	Field Hockey V	Tourney vs Taft	A	2:00 PM	2-3		L



Phillips Academy Girls Varsity Field Hockey 2023

<u>No.</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
0	Josephine L. Sarno	2026	Stow, MA
1	Annabel R. Curry	2025	Chestnut Hill, MA
2	Autumn M. Christian	2027	Stonington, CT
4	Hannah J. Herlihy	2026	Andover, MA
5	Ava Murphy	2024	West Roxbury, MA
6	Elisabeth M. Ware	2025	Andover, MA
7	Kimberly A. Duplessis	2027	Framingham, MA
8	Shea R. Freda *	2024	Lexington, MA
9	Peyton A. Kennedy	2025	Sudbury, MA
10	Lucy E. Parker	2026	Andover, MA
11	Keira M. Bruen	2026	West Roxbury, MA
12	Wendi V. Wei	2027	Chicago, IL
14	Sienna K. Glass	2027	Andover, MA
15	Molly A. Boyle	2025	Scituate, MA
17	Sarah B. Lackley	2026	Woodstock, VT
19	Lillyanna G. McInerney	2026	North Reading, MA
20	Quiana C. Bell	2026	Lowell, MA
22	Margaret H. Stineman	2025	Chicago, IL
24	Maren F. Boyle	2026	Scituate, MA
25	Corinne I. Spade	2027	Ballston Lake, NY
30	Ellie Parker	2025	Andover, MA
78	Avery Rodeheffer	2025	New Haven, CT

*Captain

Coach: Kate Dolan

Assistant Coaches: Martha Fenton & Taylor Ware

Managers: Louisa Carter, Leo Oguntoyinbo, & William Ware



Girls Field Hockey 2023 Highlights

SEPTEMBER 15, 2023

Field Hockey GV vs Thayer

W 3-0

SEASON OPENER AT NIGHT

PAFH opened the season with a 3-0 win over visiting Thayer. Andover scored goals in each quarter but the first. Credit Thayer's defense for withstanding Andover's pressure and turning away over 18 shots by the Big Blue. Andover played a solid team game with contributions from each and every team member!

SEPTEMBER 20, 2023

Field Hockey GV vs Lawrence Academy

W 7-0

STRONG FIRST QUARTER SETS THE TONE

With four goals in eight minutes of the first quarter, PAFH took control of today's game. Andover added two goals in the second quarter and one in the third. The Big Blue defense earned its second shutout of the season. Seven different players contributed goals and assists for PAFH. Tomorrow, the Big Blue will be at Brooks.

SEPTEMBER 21, 2023

Field Hockey GV at Brooks

W 5-0

FIRST AWAY GAME OF THE SEASON

PAFH, in their first road game of the season, scored two goals in a two minute span of the first quarter and added two additional goals in the third quarter and a single goal in the

fourth to take a 5-0 win over cross town rival Brooks. Big credit to Andover's defense for turning away all Brooks' corner opportunities. Next up is Loomis at home on Saturday.

SEPTEMBER 23, 2023

Field Hockey GV vs Loomis

W 8-0

EARLY GOAL SPARKS WIN

PAFH scored 15 seconds into the game and added two additional first quarter goals to build a 3-0 at the half. Andover began the second half scoring 17 seconds into the third quarter in route to an 8-0 win. Credit the defense for not allowing a shot on goal. Andover travels to Tabor next week for its next game.

SEPTEMBER 30, 2023

Field Hockey GV at Tabor

W 5-0

ON THE ROAD AT TABOR

On another wet Saturday, Andover travelled to Tabor and overcame a slow start to take a 5-0 win. Tabor had the edge in play in the opening minutes and the Andover defense remained calm under pressure. PAFH then took control of the game with five goals in the first and second quarters. Andover's passing game dominated the third quarter and huge credit to Tabor's defense for holding strong. PAFH travels to Govs on Wednesday for its next game.

OCTOBER 4, 2023

Field Hockey GV at Governor's Academy

W 5-0

On the road at Govs, Andover scored two first quarter goals, added a single tally in the third, and netted two in the fourth to earn the win. Credit Andover's defense and midfield for keeping Govs off the board and earning their sixth shutout. PAFH will host Choate Saturday at 4 pm.

OCTOBER 7, 2023

Field Hockey GV vs Choate

W 8-1

Under gray skies PAFH hosted a spirited Choate squad for a 4 pm game. With five goals in the first half and three in the second Andover earned the win. Andover will host Milton in its next game.

OCTOBER 11, 2023

Field Hockey GV vs Milton

W 6-0

After a scoreless first half, Andover scored four goals in an 8 minute span of the third quarter. Andover added two more goals in the fourth quarter. Credit Andover's defense for the shutout and keeping a skilled, determined Milton squad off the board

OCTOBER 14, 2023

Field Hockey GV at St. Paul's

W 4-0

Andover earned its eighth shutout of the season against a determined and hard working St. Paul's team. PAFH scored goals in each quarter with some impressive passing sequences throughout the game. Next up is our "Playing for Pink" game to recognize October as breast cancer awareness at Middlesex on Wednesday.

OCTOBER 18, 2023

Field Hockey GV at Middlesex

W 5-1

Playing in their annual "Playing for Pink" game with Middlesex for breast cancer awareness month, Andover played well end to end with strong offense and defense. PAFH scored in each quarter and the defense played exceptionally well against a skilled Middlesex offense. Total team effort by Andover and a heartfelt thank you to Middlesex for hosting this important annual game.

OCTOBER 20, 2023

Field Hockey GV vs N.M.H.

8-0

On Family Weekend under the lights at Phelps Stadium, PAFH scored fourteen seconds into the game en route to an 8-0 win over a resilient and determined NMH team. Andover played well end to end, and received contributions from every team member.

OCTOBER 25, 2023

Field Hockey GV vs B. B. & N.

W 6-0

PAFH hosted a fast, strong BBN team this afternoon. In the first quarter, Andover had the edge in possession but the BBN defense was excellent and limited Andover to a single goal. In the second quarter, Andover was able to convert more of their opportunities and held a 4-0 advantage at the half. PAFH added two additional goals in the third quarter and credit to the big blue defense for its tenth shutout on the season.

OCTOBER 28, 2023

Field Hockey GV at Deerfield

W 4-1

On the road against a skilled and aggressive Deerfield squad, PAFH had to work through a slow start to earn a hard fought 4-1 win. Andover and Deerfield exchanged goals in the

second quarter, and the score remained tied until 15 seconds remaining in the third quarter when PAFH was able to score on a stroke. With improved defense, spacing, and communication, Andover was able to control of more of the possession in the fourth quarter and also add two goals. Exceptional effort by both teams this afternoon.

NOVEMBER 1, 2023

Field Hockey GV vs Noble & Greenough L 1-2

Andover and Nobles played a back and forth, high intensity game this afternoon with Nobles scoring the game winner in the third quarter. Great effort by both teams throughout the contest.

NOVEMBER 4, 2023

Field Hockey GV vs Cushing W 7-0

In their last regular season home game, PAFH honored their two seniors for their exceptional contributions to the team during their careers. The Big Blue took control of the game in the opening minute as Andover scored 18 seconds into the game and added a second goal 27 seconds later. Andover passed exceptionally well all game and the defense did not allow a shot on goal or a corner.

NOVEMBER 11, 2023

Field Hockey GV at Exeter W 4-3

PAFH WINS IN OT

In a classic Andover-Exeter rivalry game, both teams competed with energy, intensity, skill, and speed. The game see-sawed back and forth all afternoon with Andover scoring first in the first quarter, followed by a scoreless second quarter. Exeter tied it up in the third only to see Andover respond with two goals. The fourth quarter saw Exeter score two goals to send the game to overtime. Exeter had a corner opportunity in overtime, but Andover was able to keep them off the board. Andover caused a turnover with about four minutes remaining in overtime to create a fast break which led to the game winning goal! Credit to all the players on both teams for their terrific effort and huge thanks to all the Big Blue fans for supporting PAFH at the game today.

NOVEMBER 15, 2023

Varsity Field Hockey at NEPSAC Class A Quarterfinals vs. #7 Greenwich Academy W 5-0

FAST START FOR PAFH

Andover scored two goals in the opening six minutes of play to set the tone in today's quarter-final matchup against Greenwich Academy. PAFH played an excellent two way game with strong defense and exceptional passing on offense. Andover added two goals in similar

fashion to start the second quarter and a single tally in the third. Great team effort!!
Andover will host Westminster in semi-final action on Saturday (time t.b.d)

NOVEMBER 18, 2023

Varsity Field Hockey vs #6 Westminster - NEPSAC Class A Semifinals

4-1

PAFH'S SECOND HALF KEYS WIN

Andover and Westminster battled back and forth all afternoon. The first half was scoreless with each team registering corners and good scoring opportunities. The third quarter was the difference as Andover scored three goals in an twelve minute span to spark the win.

Andover defense played strong down the stretch turning away Westy's scoring bids. It was an intense back and forth game and credit Westy for exuding "Grit and Grace" throughout the game. Andover will travel to Pomfret to play #1 seed Taft at 2 pm for the NEPSAC Class A title.

In today's game Molly Boyle '25 set a new PAFH career record for goals with her 57th career goal.

NOVEMBER 19, 2023

Varsity Field Hockey at NEPSAC Class A Championship vs. #1 Taft

L 2-3

TAFT EDGES ANDOVER

In the championship game of Class A, Taft edged Andover by a 3-2 score. Taft scored the lone goal of the first half as the Andover defense and goalie Josie Sarno '26 stood tall.

Midway through the third quarter PAFH scored two goals in a minute to take a 2-1 lead.

Taft answered right back with a tying goal and closed out the third quarter with the winning goal off a stroke. Neither team was able to capitalize on their fourth quarter chances.

Congratulations to Taft on their championship season.

Andover finishes the season 17-2 and set a new record for goals in a season with 97 and a plus goal differential of 85! Huge credit to PAFH's two seniors Captain Shea Freda and Ava Murphy for their tireless effort and stellar play all season.

Thank you to all our fans and families for their unwavering support all fall. Go Blue!



Field Hockey In The News

Field Hockey Hits the Ground Running With 8-0 Victory In Scrimmage Over Rivers



With the addition of new, dynamic lowerclassmen, Andover Field Hockey dominated in its first scrimmage of the season against Rivers. Although the game was cut short due to rainy conditions, the team's 8-0 victory shows promise for the upcoming season.

Despite facing numerous practice cancellations and location changes throughout the week due to inclement weather, the team exemplified strong chemistry in its scrimmage, according to Captain Shea Freda '24. Freda noted the new teammates that excelled in their debut.

"We had a couple of [Juniors] that ended up scoring goals... Our [Juniors] were great, and considering it was their first time getting out on the varsity field, it was pretty awesome to see them be in their element and have a cool moment. I just think we didn't have many expectations going into it so we were like, 'Alright, let's see how this goes.' It was fun to see us all playing together and how we meshed," said Freda.

The team will be testing a new formation this season. Freda emphasized that the team's success is reliant on how it adapts to the formation change and how well players communicate with each other.

"Our main point of focus is going to be our positioning on the field... [We] really just want to get people to where they want to be and make sure that everyone's confident [about] where they are on the field. [We will be] working on our communication especially because in a time where you're all kind of figuring out stuff together, it's really important that on the field we're able to talk to each other," said Freda.



Josephine Sarno '26 described the uplifting support provided by the upperclassmen during the scrimmage. Sarno attributed the team's success and strength to the connections they formed with each other throughout the five-day preseason period leading up to the start of school.

"As a team, I think everyone kind of stood out because we all just have that really good team chemistry, but I mean our captain and all the upperclassmen on our team, I think they just really stepped up and helped everyone else out [to] get in the flow of the game," said Sarno.

Andover once again holds hopes of claiming the New England Preparatory School Athletic Council (NEPSAC) Champion title in the postseason. In the 2022 season, however, the team fell short in fulfilling its goal, ending its championship run in the semifinal round.

"This program has been so successful in the past, [and] we're always striving to win another NEPSAC title, so I'd say that that is kind of the big goal. But we really like to focus on the small wins every single day, whether it's a drill going really well at practice or winning a game. Every single game is important to us... I think we'll be in good shape. We look like a really talented group of girls," said Freda.

Andover Field Hockey will face Thayer in its home opener on Saturday.

Orla Naughton

Sep 14, 2023

Trust Over Trophies: Assistant Coach Martha Fenton '83 Prioritizes Teamwork in Field Hockey



Andover Field Hockey Assistant Coach Martha Fenton '83 has helped lead the talented group of athletes through the season by focusing on the team's companionship. Her primary focus is on how the team unites. As a coach, Fenton focuses on building up each player's confidence. She puts emphasis on being ambitious, in order to foster an environment where each player works hard to succeed.

"Our hope with the PAFH (Phillips Academy Field Hockey) team is that their motivation is intrinsic...that it comes from within themselves, from their teammates, and from their love of the game. They should want to achieve their individual goals so that the team is successful," wrote Fenton in an email to *The Phillipian*.

According to Sienna Glass '27, Fenton's coaching style is the perfect mix of toughness and supportiveness. She gets through to her players by voicing errors and paying close attention to details so that each player is getting the feedback they need, while crediting them for their hard work.

"As a coach she's very transparent and straightforward with her players. She makes sure you do the things you need to work on, while highlighting your good qualities as a player and I think that's really important to build confidence... She'll definitely tell you what you need to work on...and

she'll help you along the way by giving you steps and pointers, sometimes she'll ask you to watch videos and that's also really helpful," said Glass.

After graduating from Andover, Fenton went on to play four years of Division III ice hockey at Bowdoin College. Fenton, along with the other coaches, have been good resources for athletes in the recruiting process, according to Hannah Herlihy '26.

"I think she's really supportive with everyone who's looking for the college process, and [the coaches] always say 'If you need any help...' [and] then they're always there. I feel like they're super supportive, always reaching out, and they help you achieve your goals," said Herlihy.

The center of Fenton's coaching is her value for improvement. Herlihy applauds Fenton for her focus on the team's dynamic and how she helps players navigate challenges, often using the team's motto, "don't settle."

"She's always talking about 'don't settle,' work together, and stuff like that. So, I feel like that's a part of her mentorship and when we're not having our best day we talk a lot about bringing each other up and how we have to work as a team to get stuff done... ['Don't settle'] is just like never be comfortable [with] what you have, you can always get better, you can always do more, and as a team you should never give up and just keep pushing until you achieve your goals," said Herlihy.

Coach Fenton's biggest goal is to create a hospitable environment so that each player can thrive individually, and as part of the team. The PAFH team places emphasis on the its commitment to each other, rather than outcomes.

Fenton wrote, "We've talked about team values and common goals from the first preseason meeting. PAFH has a history of teams that are successful in large part because of their strong team dynamic, and that comes from the tone that Coach Dolan sets every day... Each team is different, but our goals are always the same: to create the best possible team experience with each player contributing in their unique ways. We strive to compete for a championship every year, but our greatest accomplishment will always be the relationships that are forged along the way."

Orla Naughton

Sep 21, 2023

Field Hockey Sees Blazing Start to Season With Two Shutouts



Andover Field Hockey opened its official season with a 3-0 win against Thayer on Friday and 7-0 shutout against Lawrence Academy on Wednesday.

Against Thayer under the lights, corners were vital scoring opportunities for the team, according to Autumn Christian '27. Taking advantage of them aided in the overall success of the game.

"[Corners] are free positions where after a foul happens we get a big opportunity to score, and I think every single one of those that we have are crucial moments that really make the game," said Christian.

Despite having to adjust to the new turf on home field and dealing with practice cancellations due to inclement weather, the team was still able to get in a few good practices, according to Christian. The team also took their practices into the classroom.

“We practiced hitting a lot and also shifting as the game moved and keeping our formation... We also went over visuals where [our] coach had a whiteboard and mapped out certain plays,” said Christian.



Although Andover won 3-0 against Thayer, the team still faced challenges with communicating. Quiana Bell '26 explained how the team is going to combat adversities and its plans to improve this season.

“We were working a lot on spacing and communication with each other. We got really crowded in our first game and weren’t using the whole field or communicating to each about passing. We worked a lot just like

working together as a team,” said Bell.

The team worked on its defense and moving the ball smoothly against Lawrence on Wednesday.

Meg Stineman '25 highlighted that a focal point of the game was getting past Lawrence’s goalie, who was dominant in the box in past matchups against Lawrence.

“[The game] went really well, especially in the first half. We [created] a lot of opportunities in front of the net. [Lawrence has] a really strong goalie. We were really focusing on being deceptive around the goalie and using angles around the goal and we definitely did that. The score definitely reflected that we were able to [create] a lot of opportunities,” said Stineman.

The team brought a lot of energy against Lawrence, according to Stineman. The team’s excitement was a big factor in carrying out its offensive plays and keeping the game fun.

“Going into it, Wednesday games are challenging after school. We were all tired from a full day of classes but the second we were on the field it was like a flipped switch. We were able to put in a lot of effort and connect the ball really well and that was very exciting in the first half,” said Stineman. Andover Field Hockey will play Loomis Chaffee at home on Saturday.

Anya Budzinski

Sep 21, 2023

Field Hockey Sweeps Brooks and Loomis



In its first away game of the season, Field Hockey shutout Brooks on Thursday, a fierce competitor for the team holding the 2021 Class B New England Preparatory School Athletic Council (NEPSAC) champion title. On Saturday, the team played Loomis Chaffee (Loomis), yet another strong team, but Andover was able to remain undefeated and has yet to give up a goal this season.

According to Neily Ware '25, the team dominated from the beginning and followed through until the end.

“Brooks is always a competitive game for us because we say we are like cross-town rivals. We always really want to win. We knew they had a couple of strong players so we came in really hot and just wanted to play our best. We wanted to crush them, and we did,” said Ware.

Autumn Christian '27 highlighted the team's talent and speed, as it was able to move the ball from one end of the field to the other efficiently and then follow through with a goal.

“It was just amazing to see some of the talent on the team in action during quick plays. One minute, the ball is on the defense, and the next minute it is in the other team's goal,” said Christian.



Ware shared that the team thrived under the leadership of Captain Shea Freda '24. Freda kept the energy, positivity, and passion up throughout the game.

“[Freda] is always a standout. She's really calm, cool, and collected. As our Captain, she can keep all of us positive, and sets that energy and tone for the game. She also brings the intensity everyday,” said Ware.

Following the win against Brooks, the team hoped to build upon its strengths and correct its weaknesses in anticipation of an intense game against Loomis. According to Christian, communication was a key factor in the team's sweep.

“Communication was big. We communicated during Brooks, but definitely communicated more during the game against Loomis. I heard everybody talking to one another on the field, and I think that's what we are going to pursue doing,” said Christian.

Corinne Spade '27 noted the team's ability to score goals early on in the Loomis game. She also highlighted the offense's ability to get in the zone and pressure efficiently.



“During the last couple of games, in the first thirty seconds, we had corners, or a free shot. At the very beginning [against Loomis], we scored within 15 seconds of the game starting. We get in the zone quickly and effectively [and] our offense pressures when they have the ball. They usually get it, and then they go down low, and within the first thirty seconds, they score,” said Spade.

Looking ahead to the rest of the season, the team plans to focus on staying in sync and connected throughout the game. Ware shared that the team plans to work on fitness and spacing on the field.

“This week we are going to work on keeping up our conditioning, using our whole field, and having a strong connection with the backfield and the forwards. We want to keep playing our own game and keep up our position,” said Ware.

Field Hockey will face Tabor Academy away on Saturday.

Lily Williamson

Sep 28, 2023

Field Hockey Display Defensive Prowess against Governor's and Tabor, Extending Streak

Andover Field Hockey extended their winning streak with a 5-0 victory against Tabor Academy (Tabor) during Saturday's match. The team persisted with another 5-0 win against Governor's. With these two triumphs, its winning streak extends to 6-0.

According to Maren Boyle '26, the team played to their strength against Tabor. The team's defense calmly held up against Tabor's offense, ending the game in a shutout.

"I felt we played very well. We had a bit of a slow start. But we played great defense and allowed zero goals. We came back very well and we scored a lot of goals as our energy started to grow as the game continued and we ended up winning big," said Boyle.

On the roads at Governor's, the team set out to maintain their high level of play against, noted Corinne Spade '27. Spade stated that the team's composure played a crucial role in maintaining the control of the game and preventing injury.

"We played a pretty good game, we worked on towards the end on working on composure. We don't want people to get hurt, and we don't want things that aren't good for our team to happen. Everyone played their own role in the win today," said Spade.

The two shutouts over Governor's and Tabor were achievable due to crucial contributions from key players, like goalkeeper Josephine Sarno '26 and Captain Shea Freda '24. Boyle emphasized the indispensable role that both Sarno and Freda played in the game.

Boyle said, "Our goalie, Josie [Sarno '26], made a bunch of insane saves, which have been very helpful. She has been very helpful as a Lower. We moved the ball very well throughout the game, and movement off the ball, which led to many chances on attack. In addition, our Captain Shea has been a great leader. I think we all had our moments."

Autumn Christian '27 added the value of maintaining composure, which has served as a hallmark in the team's success. So far, Andover has won all six games by three goals or more, while not conceding a single goal. The team hopes to continue their defensive and offensive prowess throughout the rest of the season.

Christian said, "I think that we have kept such consistency through composure and operating as a team. I feel like our defense is just a part of our success. We were able to keep such a streak because we stick together, not just defense. We stuck together and it helped us keep our composure over such a streak we had."

The wins so far have not only strengthened the players' overall performance, but has also bolstered their confidence. According to Boyle, the streak has instilled a newfound sense of assurance and motivation that has been recognized in both their training sessions and games.

"I would say it makes us more motivated and confident because we don't want to lose our winning streak. So we work extra hard so we don't lose our streak, and this adds extra accountability for all of our players in training and in games," said Boyle.

Despite having only two Seniors on the team, the young program has flourished because of the team chemistry. Boyle noted that Andover has secured a consistent roster for years to come.

"We are a really young team, so we think that this is very nice. Our team chemistry will develop really well since most of our players will be playing for many more seasons. Our seniors have been great since they built team chemistry. And it's been really nice introducing new players to the team," said Boyle.

Despite their impressive streak, Boyle believes that there are still some areas for improvement. She believed that energy was a critical area of their game, in which the team can still work on.

Boyle said, "We look forward to improving communication and energy throughout the game. Having high energy throughout the game, not just in pockets. For energy, our coaches are just

amazing and checking in on us everyday. When some people don't feel like it's our best day, we carry each other up. And we always take care of each other on and off the field."

Andover Field Hockey will play Choate at home on Saturday.

David Siahaan

Oct 5, 2023

Field Hockey Concedes First Goal of the Season



Saturday 10/7 – Andover: 8 Choate: 1

Wednesday 10/11 – Andover: 6 Milton: 0

Andover Girls Field Hockey dominated Choate on Saturday despite conceding its first goal of the season. The team still reigns undefeated after beating Milton Academy on Wednesday. The team's current record is 8-0.

The team ended halftime with a 5-1 lead, directly after a stagnant period and a swift penalty shot by Choate. The team was not disheartened. Ava Murphy '24 noted that the team responded to the goal with fervor, leading to the ultimate victory. She shared some of her logic and mental strength when playing, and in this game, getting scored on.

"Immediately, a lot of people had thought we would respond to a goal [and think that] we won't be able to win it back, or we will be in total shock. But I think that's the opposite of what we did. We actually racked up three more goals right after that," said Murphy.

Murphy also spoke of a 'so what?' mentality. The team refused to back down from a tough play. Instead, it chose to use that situation to its advantage and renew its strength instead of fixating on its mistakes.

Murphy said, "I shouted to the team, I was like, like, 'So what?' That's my big motto: 'So what?' If you have a bad play, win it back next play. I usually say, 'Next play or so what?' And I really think that's really important because you should not be defined by your mistakes. And if you're defined by your mistakes, you're held back by fear."

The team also saw success in both offensive and defensive tactics that they had focused on in practice and that they will continue to work on. Meg Stineman '25 spoke on switching the ball from one side of the field to the other, as well as using defensive strategies to stop the player with the ball more effectively.

"Coming out of the game, we've focused a lot on, number one, transferring, which we definitely succeeded in. And then also we were focused on double teaming defensively, which we probably could have done more on in the game, but we're still working on, [as well as] our defensive positioning and organization throughout the whole field," said Stineman.

The team competed with the class and respect that the Andover community strives for on and off the field. Towards the end of the game, Murphy said that the level of play became increasingly elevated, but the team stayed calm and competed to their consistently high level.

"[For] the rest of the game, we really turned on the jets and we really stuck to our Andover Field Hockey. Even though the game became very chippy and the refs were not calling in our favor, we definitely just took a deep breath... We didn't respond to the chirping and the chippiness of the

other team. We didn't let it get to us and we won by that too, not just on the scoreboard," said Murphy.

Autumn Christian '27 reflected on the team's ambitions going into playing Milton. The team focused on moving the ball out of the defense and up the field, as well as offensively pressuring Milton, which were both takeaways from their game against Choate. Coming out of the game, the team strives to hone its fundamental skills.

"We worked on trying to get the ball on our defense out quick[ly]. As soon as the ball entered [our] defense side in the circle, our goal was to try to get it out as quickly as we [could]. And we did pretty well at that. We also did pretty well at pressing when they had the ball on their free possessions to try to get the ball back.... [We want to] just work on the fundamentals, just going back to like what we can do to better ourselves and then to better the team, and I think just reflecting and then pursuing and trying to fix the little details that come together to make a big deal," said Christian. Girls Varsity Field Hockey will play at St. Paul's School on Saturday.

Tasha Bohorad
Oct 12, 2023

"Playing for Pink": Field Hockey Dominates St. Paul's and Middlesex

Andover Field Hockey (10-0) secured two wins this week, with Wednesday's matchup against Middlesex dedicated to Breast Cancer Awareness Month. The team remains undefeated and hopes that it can sustain its momentum into the final stretch of the season.

Playing away at St. Paul's on Saturday, the team was prepared to endure a challenging and physical game. After the team's most recent win against Milton, Captain Shea Freda '24 pinpointed areas of improvement for the team.

Freda said, "[The game] against Milton gave us some things that we wanted to work on in terms of our passing, communication, working together, so going into St. Paul's, that was something we were focusing on as a team, in practices leading up to [the game]."

Andover started off strong against St. Paul's, scoring two goals within a two-minute span in the first quarter. Andover picked up two more goals in the third quarter and a single goal in the fourth quarter, solidifying its win against Brooks. Neily Ware '25 highlighted the strengths of the team and its ability to adapt throughout the game.

"We had a little bit of a stint where we were getting a lot of corners and not scoring on them and then we kinda turned that around and our forwards kinda got it together, putting it in, tipping really well. Meg Stineman ['25] had some awesome tips. We figured out how to put the ball in, so I think that turned things around for us," said Ware.

Freda emphasized the importance of teamwork and ball movement, two aspects of the game crucial to the team's success against St. Paul's.

"We had a really nice passing sequence and it felt great to execute off of that, it was good to see what we could do when we had those really good moments of working together from the back of the field to the goal," said Freda.

In preparation for Middlesex, Andover utilized similar strategies from Saturday's matchup. According to Autumn Christian '27, a big takeaway from the game against St. Paul's was the team's effectiveness in passing.

"Working on moving the ball quickly and using our back passes really helped in the St. Paul's game. We used the same tactics against Middlesex because of the way that they played. So we had to adjust and we did really well on moving the ball and transferring to the other side of the field," said Christian.

Against Middlesex, Andover scored in every quarter, pushing back against Middlesex's strong offense. According to Christian, Freda stood out as a notable player due to her assertiveness on the field.

"[Freda] did really well at the back, pulling out strong. She went for every single ball and was playing so aggressively... You could really tell her role was Captain out on that field," said Christian.

Looking ahead to upcoming games, the team looks to maintain its strong passing, according to Ware.

"We had a lot of great passing sequences...and a couple of them resulted in a clean goal. So, we are just going to try to keep up that passing," said Ware.

Andover Field Hockey will host Northfield Mount Hermon on Friday.

Lily Williamson

Tara Menon

Oct 20, 2023

Field Hockey Adds Two New Teams to Undefeated Record



Friday 10/20 – Andover: 8, NMH: 0

Wednesday 10/25 – Andover: 6, BB&N: 0

Andover Field Hockey was victorious against Northfield Mount Hermon (NMH) on Friday and Buckingham Browne and Nichols (BB&N) on Wednesday. The team lengthened its winning streak to 12 games, bringing

this season's scoring total to over 60 goals.

Peyton Kennedy '25 was proud of her team's performance in its game against NMH. Kennedy spoke about the team's first goal and how it set the tone for the rest of the game.

"One key point of the game I would say is the first 14 seconds, considering we scored in that amount of time. One thing that we really try to play by is just to start every game with intensity and treat every opponent like it's the best opponent, so I feel like we do that no matter the competition. We always try to come out hard and start off well and I feel like we really achieved that goal. So that was great to see," said Kennedy.

There were a few key plays that ramped up the energy for the team on Friday. Ava Murphy '24 highlighted goalie Josie Sarno '26 and her clean sheet against NMH.

Murphy said, "A key point in the game was towards the end of the fourth quarter. NMH had a big major, odd man rush and thankfully, our amazing goalie Josie Sarno made a huge key play and

totally shut NMH down. After, we had the momentum to get it out and not let them back in our defensive end for the rest of the game.”



According to Kennedy, the team stresses the importance of preparing for each opponent, staying composed, and following its plan and playing style throughout each game. Kennedy spoke about the importance of overwhelming their opponent with a high speed-of-play.

“[BB&N] will be a tougher opponent than NMH, but we’re just going to stick to our game plan. It’s been working the whole season, to just go out

with hard intensity, push each other in practice because at the end of the day, we’re each other’s greatest opponents,” said Kennedy.

Murphy detailed what the team worked on prior to the BB&N game, recalling certain plays and drills that helped the team achieve a quicker reaction to match its opponents.

Murphy said, “We are aware BB&N is known for their fast restarts when they earn a foul. So we worked on defensively being prepared for that and offensively trying to match that speed. We did quick restarts today, during practice. We worked on quick recovery when we lose the ball and when we gained possession of the ball, immediate reaction time to making a play before [BB&N] can catch up.”



The team’s training proved effective, helping it collect another shutout victory against BB&N. Ellie Parker ’25 highlighted the team’s strengths and spoke on how it is preparing for its next game.

“The strength of our team is definitely our ball movement, especially as the seasons progressed. The patterns we use to work the ball down the field is really impressive and it will either end in a goal or a corner and

we’ll try to capitalize as best as we can. So we play Deerfield on Saturday, which is going to be a good game, but we’re just in practice moving the ball well and preparing for quick rebounds in the circle,” said Parker.

Andover Field Hockey will play Deerfield on Saturday.

Michael Williamson

Oct 27, 2023

Field Hockey Loses First Game of Season to Noble and Greenough After Dominating Deerfield



10/28 – Andover: 4, Deerfield: 1

11/1 – Andover: 1, Noble and Greenough: 2

Despite having a flawless 13-0 record moving into its game against Noble and Greenough School (Nobles), Andover Field Hockey (13-1) lost its undefeated streak on Wednesday in a heartbreaking match. Prior to the game on Wednesday, Andover ended its weekend strong with a win against Deerfield Academy away on Saturday.

According to Maren Boyle '26, the team had a slow start on Saturday due to Deerfield's intensity. However, it was able to regroup during halftime and ultimately win the game.

"I thought that we had a bit of a slower start because Deerfield has been the most aggressive team we've played so far. We recovered during halftime, and our passing improved a lot, allowing us to win the game," said Boyle.

The game was in a deadlock going into the second half, and a crucial moment was needed to break the tie. Boyle highlighted the critical penalty stroke that led to a goal and a boost in team spirit during the game.

Boyle said, "In a pivotal part of the game, we were in our attacking circle and earned a penalty stroke, which led to a score that shifted the momentum and gave us some confidence. A penalty stroke is basically a free shot. A player must line up the ball on this dot which is eight yards from the net. It is awarded for an intentional foul inside the circle."

Corrine Spade '27 also stated that the penalty stroke, scored by Captain Shea Freda '24, was a big confidence booster for Andover. She added that the coach's halftime talk was vital in altering the team's morale.



"When Freda scored her penalty stroke, it was a big momentum shifter. In the first half of the Deerfield game [things weren't] going our way. Coach gave us a talk, and Shea's penalty stroke was incredibly important in shifting the momentum," said Spade.

Despite a great effort by the entire team, Field Hockey fell short on Wednesday. Spade talked about the intensity and aggressiveness between the two teams.

Spade said, "[There] wasn't anything particularly wrong, we were just stopped a lot. We came in with intensity, but we didn't play our best, and unfortunately, that cost us the game."

Autumn Christian '27 noted that there were no major mistakes during the game. She found that the team simply struggled to adjust to Nobles' style of play.

"Nobles was a good team and it was a good game. I don't think something went wrong, we just needed to adjust. They were a good team to play against, and we just played. We didn't make any big mistakes. We just played field hockey," said Christian.

Despite the tough loss, Andover is looking to bounce back for the first time this season.

Spade said, "Even though I would have liked to go undefeated this season, we knew that it might happen and that it's part of the sport. We definitely don't want to lose again, and we know that the rest of our games will be better."

Christian highlighted that the team's playstyle and chemistry have grown immensely throughout the season.

"The team has grown together in [terms of play]," said Christian. "We have become much more in sync knowing where and when to pass the ball and to whom. Allowing a nice cycle throughout the game."

The team is going into its last two games with intensity and composure as they look forward to the New England Preparatory School Athletic Council championships. According to Boyle, Andover is not going to underestimate any team and is working even harder than before.

Boyle said, "We like to believe that we can win, but we aren't underestimating any team. We are going to work even harder moving into the playoff season."

Andover Field Hockey will play Cushing at home on Saturday.

David Siahaan

Nov 2, 2023

Field Hockey Bounces Back From First Loss, Defeats Cushing

Saturday 10/4 – Andover: 7, Cushing: 0



After its first loss of the season on Wednesday, Andover Field Hockey (14-1) bounced back, securing a victory against Cushing on Saturday. The team succeeded in quickly resetting their momentum after Wednesday.

According to Quiana Bell '26, in under a minute, Andover was able to score two goals. The team's ability to put quick pressure on Cushing helped to set the pace for the rest of the game, increasing the team's spirit and motivation to win. "This honestly set the tone for the entire game, and I think we all collectively let out a sigh of relief," wrote Bell in an email to *The Phillipian*.

After its loss on Wednesday, the team was determined to make a comeback to prove that one loss did not affect its spirit or intensity. Andover's chemistry and teamwork proved to be crucial factors against Cushing as each team member encouraged one another and cheered each other on.

Bell wrote, "It was Senior Night, so all of us were super hype for that. We also really wanted to prove ourselves after our loss and show how much of a powerhouse we are. We had so much energy and really just wanted to support each other."

Sienna Glass '27 highlighted Co-Captain Shea Freda '24 and Ava Murphy '24, the team's two Seniors, who used their experience to take control of the game.

"We were able to keep our composure and poise throughout the entire game no matter what they were saying and how much hacking they were doing," said Glass.

Glass continued, "Despite a team-effort game, some key players that stood out were Shea Freda and Ava Murphy because they faced a tough battle from the opponents but were able to drive through."

Like Glass, Bell believed that the pathway to victory was a joint effort from every player.

"It was one of those games where everyone played their best. Coming back from our loss on Wednesday, I think that everyone wanted to put it all out there and prove that one loss doesn't mean anything," said Bell.

Autumn Christian '27 acknowledged that the elements the team had practiced in prior sessions leading up to the game were effectively incorporated into the game plan against Cushing.

In an email to *The Phillipian*, Christian wrote, "We worked on transitioning the ball down the field in practice, and in the game, it showed."

Andover will end its regular season at Phillips Exeter Academy on Saturday.

Elizabeth Wodarski

Madeleine Shin

Nov 9, 2023

Boys Varsity Football

2023

Head Coach: Charles “Trey” Brown

Assistant Coaches: Kit Leckerling, John Rex, Chris Powers, Chip Dunn, Jibrail Coy

Captains: Joseph A. Carrara, Henry R. Sheldon, Sebastian Valasek, & Diego L. Velez

Managers: Managers: Sophia Davis '25, Ella Guzman '24 & Irene Ledo '24

Overall Season Record

Wins	Losses	Ties
2	6	0

Letter Winners: Logan M. Cove, Elan Shetty, Joseph A. Carrara, Aidan Goss, Diego L. Velez, Janiel Herrera, Lincoln T. Beal, Nicholas B. Jones, Alexandro F. Armour, Nathan T. Rosner, Adam Landry, Andy Du, Bennett B. Rodgers, Kamen Kaleb, Yejoon Sim, Alexander E. Ewald, Jackson D. Slack, Carter A. Aime, Jun An, Sebastian Valasek, Josh S. Espinoza, Henry D. Ferguson, Jeremy Woodley, Tyler D. Baty, Anthony C. Myers, Boone S. Fahey, John T. Moran, Christopher W. Savino, Quinn L. Polcari, Daniel E. Bandar, Grant D. DeHoog, Isaac B. Leeper, Byron E. Johnson, Paul J. Marston, Henry R. Sheldon, Giovanni L. Rosenfeld, John A. Bancone, John M. Furey, Sebastian H. Haferd, Irene Ledo, Julia Fox, & Michael Gillgan

Award Winners: MVP – Lincoln T. Beal

Boys Football

2023 Schedule and Results

Sat	09/09/2023	Football V	Brooks	A	3:30 PM			
Sat	09/16/2023	Football V	Taft	A	4:00 PM			
Sat	09/23/2023	Football V	Williston	H	5:00 PM	28-57		L
Sat	09/30/2023	Football V	Salisbury	A	3:00 PM	28-35		L
Sat	10/07/2023	Football V	Kent	H	5:00 PM	36-0	W	
Sat	10/14/2023	Football V	Cheshire Academy	A	4:00 PM	14-42		L
Sat	10/21/2023	Football V	Brunswick School	H	3:00 PM	12-20		L
Sat	10/28/2023	Football V	Deerfield	A	4:00 PM	19-45		L
Sat	11/04/2023	Football V	Suffield	H	6:30 PM	24-20	W	
Sat	11/11/2023	Football V	Exeter	A	4:15 PM	20-47		L

**Phillips Academy
Varsity Football
2023**

<u>No.</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
1	Logan M. Cove	2024	Derry, NH
2	Elan Shetty	2026	Andover, MA
3	Joseph A. Carrara	2024	Pocasset, MA
4	Aidan Goss	2024	Dracut, MA
5	Diego L. Velez	2024	Irvington, NY
6	Janiel Herrera	2024	Lawrence, MA
7	Lincoln T. Beal	2024	Andover, MA
8	Nicholas B. Jones	2024	North Reading, MA
9	Alexandro F. Armour	2024	San Juan, PR
10	Nathan T. Rosner	2024	Bethesda, MD
11	Adam Landry	2024	Newton, MA
12	Andy Du	2025	Reading,
14	Bennett B. Rodgers	2026	Dallas, TX
15	Kamen Kaleb	2025	Cambridge, MA
16	Richard A. Phillips	2025	Lake Forest, IL
17	Yejoon Sim	2025	Seoul, KR
18	Alexander E. Ewald	2024	Andover, MA
20	Jackson D. Slack	2026	London, GB
21	Carter A. Aime	2025	Mount Vernon, NY
22	Jun An	2027	New York,
23	Sebastian Valasek	2024	Westmount, QC
24	Josh S. Espinoza	2025	Bronx, NY
25	Henry D. Ferguson	2025	Branford, CT
31	Jeremy Woodley	2026	Lawrence, MA
33	Jackson S. McDonald	2025	Wilmington, MA
36	Tyler D. Baty	2027	Oakland, CA
42	Anthony C. Myers	2025	South Hamilton, MA
44	Boone S. Fahey	2026	East Thetford, VT
45	John T. Moran	2024	Andover, MA
52	Jacob A. Honor	2027	Windham, NH
53	Christopher W. Savino	2024	Andover, MA
55	Nicolas O. Lima	2025	Sea Girt, NJ
56	Quinn L. Polcari	2024	Waterbury Center, VT
61	Daniel E. Bandar	2024	Beverly, MA
63	Grant D. DeHoog	2025	Covington, LA
64	Isaac B. Leeper	2027	Londonderry, NH
71	Byron E. Johnson	2025	Washington, DC
76	Paul J. Marston	2024	Rye, NY
77	Henry R. Sheldon	2024	Charlotte, NC
80	Dylan E. Anzel	2026	San Francisco, CA
81	Giovanni L. Rosenfeld	2027	Stow, MA
85	John A. Bancone	2025	Summit, NJ
87	John M. Furey	2024	Wellesley, MA
88	Sebastian H. Haferd	2025	Cambridge, MA

Head Coach: Trey Brow

Assistant Coaches: Kit Leckerling, Chris Powers, Chip Dunn, John Rex, Jibrail Coy



Boys Football In The News

Andover Football Shows Promise With New Team and Mindset

After a 40-yard connection between Co-Captain Joe Carrara '24 and quarterback Adam Landry '24, Lincoln Beal '24 finished the touchdown drive to earn Andover Football six points. The scrimmage against Taft on Wednesday brought the team high hopes for the start of the season.

Co-Captain Henry Sheldon '24 acknowledged the progress the team had made in its attitude on the field. He believes that Andover has improved significantly from previous years due to hard work both on and off the field.

Sheldon said, "The team this year is 100 [percent] a better team than the team we've had in past years. There is an amazing mentality on the team, from the post-grads to the returners who trained with Coach [Devin] O'Reilly all off-season."

Running-back Logan Cove '24 reflected on the mentality of the team before the scrimmage, explaining how Andover was excited to showcase its work.

"We went in ready to test the waters and pushed ourselves against another team for the first time," said Cove.

Sheldon attributed the team's success to all its players. He believed that having these two units collaborating was essential for the team to reach its full potential.

Sheldon said, "The offensive line did a solid job today during the scrimmage and our defensive line was amazing."

Cove explained how the team's resolute and strategic mindset prior to stepping onto the field was key to its performance.

"Before entering the game, we were all excited to have this scrimmage before our first official game against Williston [Northampton]. Still, we came into Taft considering it as a game," said Cove.

According to Sheldon, the team is united in its efforts. Sheldon also noted how Andover is always looking forward to having fun and enjoying every practice together.

“What I love about this team is the fun we have. In practice, when we’re going up against each other one [versus] one, it’s very competitive but also fun. Also, we all have the same goal in mind. This year everyone is on the same page,” said Cove.

Andover Football will open its season on Saturday against Williston Northampton at home.

Evan Curtin
Sep 21, 2023

Andover Football Suffers Defeat Against Williston in Season Opener



Running across the field to the right sideline, Lincoln Beal PG’24 caught the football over his shoulder and went on to score a 40-yard touchdown — a memorable moment from Saturday’s game. Despite this moment, Andover lost 28-57 to Williston Northampton (Williston) in its season opener.

Leo Sim ’25 believed that Andover came into the game with something to prove. He emphasized that the team spent three weeks preparing, whether it was studying Williston’s film, or on-field training.

Sim said, “I guess it was a big game for us as our starting quarterback from last year, Davian McDonald [’25], transferred to Williston and is now their starting quarterback. It was our first game, our season opener, and at home. It was very important to us. We started looking at their film as soon as possible, trying to scout their players and see who their best receiver was, what their plays were. All that film helped us know what they might run and what they would like to do.”

Quarterback Andy Du ’25 reflected how the weeks before the game consisted of integrating new players like himself into the team’s offense. Adapting to the new offensive strategies was also key to the team’s success on Saturday.

“We had a lot of new kids this year, including myself. We were new to the offensive playbook, so during the preseason camp at Williston, we were installing the entire playbook: the basic plays, route concepts, and pass plays. Those plays should be automatic at this point, and I feel like the concepts that we worked on translated into the game as second nature, which was a good thing for us considering a lot of our offensive players were new,” said Du.

Sim stated that the team had a strong start, and were able to score two touchdowns in a row. However, he noted that a fumble right before the half allowed Williston to seize the momentum of the game.

“The start of the game was really back and forth. They started with a touchdown, and we responded with one, and kept going like that until it was 21-14, Williston. But on our drive to tie the score, we had a fumble at their 30-yard line and that cost us to be behind 28-14, which had a big impact on the game going into halftime. We could have been tied, but instead, we were losing by 14. From then, the gap started to get bigger. We still could have done something, as our offense was really good and our defense was in good positions, but we were just missing tackles and we couldn’t cover some passing plays,” said Sim.

Du noted that the team’s spirit and enthusiasm was very high throughout the entire game and he praised the captains for their ability to help maintain that energy. Despite losing, he felt like the energetic environment and physical nature of the game motivated each player.

“I thought that there was a lot of energy on the sideline. You could really feel the atmosphere before the game, during halftime. We were able to take care of ourselves and our leaders, being good leaders, helped us have that extra motivation. All our captains stepped up and it was clear that we have a very strong core group of kids who are able to push the team both mentally and physically

when we are down. I think that coming out of half time we were all very pumped up and ready to play. It was a good game, and we brought the energy, but at the end of the day, it just wasn't our day," said Du.

Du highlighted Lincoln Beal '24 and Adam Landry '24 as two key offensive players who led the scoreboard, and Alex Armour '24 as a defensive playmaker. Their athleticism and hard work significantly contributed to the team's success.

Du said, "We came out of the game pretty strong with a touchdown from Adam Landry, our quarterback, to Beal, our PG wide receiver. And our next play was another touchdown from Landry to Beal. We had a great offensive start with those two touchdown passes. And later, Beal scored another touchdown on a jet pass from Landry. He [Beal] had three touchdowns for us which was super impressive. Defensively, Alex Armour was in the back field the entire day, stuffing runs. He sacked the quarterback three times and he was a big difference maker on defense."

Andover will play its first away game of the season against Salisbury on Saturday.

Aaron Huang

Sep 28, 2023

Co-Captain Diego Velez '24: "Blueprint" of Andover Football

Andover Football Co-Captain Diego Velez '24 leads Andover Football with spirit and selflessness, utilizing his captaincy to include everyone on the team no matter their skillset or experience.

Issac Leeper '27, new to the team, acknowledged Velez's compassion and dedication to the sport.

He credited Velez for always seeking feedback and alternative perspectives from his teammates.

"Diego is a great leader, who will do anything and everything for the team to win and will always pick people up even when they are feeling down," said Leeper.

Chris Savino '24 highlighted Velez's ability to keep team morale high, which keeps each player motivated and eager to work hard.

"He's always trying to keep the energy up and energy good because I think people can easily get pessimistic if we're down or something like that. And I think he's great at bringing that good...positive energy to try to turn the tide," said Savino.

Leeper called attention to Velez's athleticism and way of misdirecting his opponents with speed.

Leeper admired Velez's athletic intelligence on the field, demonstrating focus, grit, and tenacity in every play.

"If I were to describe Diego in one word as an athlete, it would be 'shifty.' His ability to catch the ball and immediately run downfield without being tackled is second to none," said Leeper.

Savino acknowledged how well Velez represents the values of Andover Football, often acting as an example for the lowerclassmen. Although quieter than his teammates, Velez communicates through his work ethic.

"[He leads by] example. So he's an example of a blueprint for what the rest of the team should be...

He's very disciplined...[and] I think he's less outspoken than other Captains and speaks more through [his] actions," said Savino.

Evan Curtin

Sep 28, 2023

Co-Captain Sebastian Valasek '24 Surges Football with Athletic Prowess



Coming to Andover with a lot of leadership experience already, Sebastian Valasek '24 has and continues to use his knowledge to cultivate a powerful team bond, rooted in confidence, team spirit, and most importantly, communication.

Coming from Montreal, Canada, where American football is not very prevalent, Valasek embarked on a remarkable journey to showcase his dedication to the sport and his unwavering commitment to being a true team player and leader.

"I first started playing football in 2018 in Montreal, which is where I'm from. I played [some] sort of backyard football with my friends before, but nothing beyond that. My first experience with contact sports was in eighth grade when I started playing [football]," said Valasek.

When first starting, Valasek faced limited opportunities for high-level training and gameplay. His physicality often restricted his performance against opponents with more strength, experience, and superior athletic prowess. Only one year into playing, he began to lose motivation for the sport he loved so much.

Valasek said, "I played on a pretty bad team and I was undersized and so I have some memories of just getting, like, completely smoked by, much bigger, stronger, more athletic players. And I wasn't sure if I wanted to keep playing."

The following year marked Valasek's breakthrough season. Persuaded to stay for another year, he devoted himself to rigorous offseason training, experiencing significant physical growth. This transformation earned him a spot on a competitive team, as its new captain. For Valasek, size became a pivotal element in his football journey. As he gained strength and height, the sport became more entertaining, enabling him to relish the sensation of being one of the larger players, a stark contrast to his previous year's experience.

"My school coach sort of convinced me to come back for another year and I really enjoyed it and I was then chosen as captain, for that team and, you know, being a little bit bigger and stronger and being on a better team made the sport a lot more enjoyable and I would say it was my second year playing football that had me hooked," Valasek said.

From an eighth grader who had just been introduced to football, to now leading Andover Football as a captain, Valasek hopes to inspire others with his journey. With hard work, perseverance, and outstanding performance from all his teammates, he hopes this year will mark a new journey for Andover Football.

"Certainly as a team, the goal is to win games, that's not a surprise. We think that we've done a good enough job with recruiting and with our off-season program to be a competitive team in every single game that we play. We enter every single game with the attitude that we can win, which is not something that this program has had in the past and individually," said Valasek.

Carter Aime '25, a cornerback on the team, recognized Valasek for his tenacious spirit on the field and his ability to keep his team motivated. Regardless of the score, Valasek's ability to remain optimistic is respected by his teammates.

Aime said, "My first impression of Seb[astian] was his ability to work hard through fatigue and adversity and his amazing energy toward the team. He is also high-spirited and trustworthy. No matter how badly we are losing or how greatly we are winning, Seb will always be there cheering us on the sidelines."

While Valasek is not a recruit, he has become a driving force behind the Andover football team's resurgence. His first impression of the Andover team and coaching staff, along with his journey exemplifies the power of determination and natural talent.

"I came into Andover honestly not knowing if I was going to play Varsity Football or if I even wanted to. I was very apprehensive about the whole thing. I didn't apply to and over for sports or for football. I sort of came for the general experience and the academics and all that. Immediately upon meeting the guys on the football team and the coaching staff and getting the practice, I sort of

realized that this is really somewhere that I could be very comfortable and have and forge very meaningful relationships,” Valasek said.

Henry Snow
Sep 28, 2023

“Lead by Example”: Football Co-Captain Joe Carrara '24 Fosters Inclusive Team



After regularly watching football with his brother when he was younger, Andover Football Co-Captain Joe Carrara '24 found his passion for the game. Carrara began to play football in the fifth grade and has continued his football career at Andover, serving as Co-Captain for the 2022-2023 and 2023-2024 seasons.

Part of Carrara's leadership strategy is to be a role model for the team, hoping to show confidence in his teammates skills and abilities.

“I try to lead by example, and I try to be pretty vocal on the field and always picking up my teammates, making sure they know that I trust them and know I believe in them,” said Carrara.

According to Carrara, Andover Football is a very diverse team, with many players bringing unique experiences with the game. Carrara highlighted how each player's distinct background helps the team improve its level of play.

Carrara said, “We have so many kids and from all different backgrounds...whether it's where they come from, what they know, [or] who they've played with before. But we're just always competing, whether it's our best players practicing against each other, or our JV players too. Everyone's always trying to make each other better, because we know that in the long run that's what's gonna...be best for the team.”

Coming in as a postgraduate and a new member of the team, Lincoln Beal PG '24 looked to Carrara as a leader on the team. Beal noted that Carrara was consistently acting as a role model for the team, allowing the players to easily follow his lead.

“Joe definitely leads by example. Being someone new, being a PG, definitely took a while to adjust but I followed Joe and he always does the right thing, so it was really easy for me to adjust,” said Beal.

Another new member of the team, Andy Du '25, felt welcomed by Carrara. Especially as a new Upper, Du was apprehensive about the start of the year and playing on a new team with unfamiliar people, but Carrara helped ease his nerves.

“I was a little shy about meeting some of the new kids, but Joe was super proactive with reaching out to me and being a super nice guy. So I felt super welcomed by him and the entire football team just before the season. Joe's been a great leader for us on and off the field and he's a role model for all of us,” said Du.

With a lot of material to learn before the official start of the season, Beal leaned on Carrara's guidance and experience. According to Beal, Carrara was always around to lend a hand to Beal and the other new players on the team.

Beal said, “So I had to learn a whole new playbook and Joe obviously being here for a few years, he knows the playbook pretty well and whenever I had a question, he knew exactly what I had to do and I knew I could always trust him to tell me the right thing. And he does that with a lot of PG's too.”

Carrara highlighted why he enjoys football and what keeps him coming back to the sport. Carrara's love and enthusiasm for the game are reflected in his leadership and are obvious to the players who recognize and appreciate Carrara's passion.

“The bonds I make with my teammates and just being able to hang out with guys all the time and [with] teams of 50 people, you just make so many friendships... That’s definitely the biggest thing [that keeps me coming back to the sport]. And then [there’s] the competitiveness of the sport, I just love being able to compete every day and [attend] practice and games,” said Carrara. Carrara looks to continue his football career in college.

Sophia Cratty
Sep 28, 2023

Co-Captain Henry Sheldon ’24: Leading Football With Care, Compassion, and Camaraderie



Through his mentorship on and off the field, Co-Captain Henry Sheldon ’24 builds a team environment beyond the game of football.

Sheldon’s athletic journey started in Ireland, where he grew up playing on a rugby team. When he moved to America, Sheldon was introduced to football, and ever since, he has valued the close companionship the sport has provided over the years.

“When I moved to America, there were a lot of similarities between rugby and football so it was pretty natural for me... I think the team camaraderie is great, you know there’s really a

brotherhood on the football team, it’s just a great sport to play and that’s why I

love it,” said Sheldon.

One of Sheldon’s main focuses is making sure that the team bond stretches between all grades.

As a Co-Captain, he wants to ensure that he exemplifies the qualities of a leader not just because he has the title of one.

“I think for me [leadership] is including everyone on the team, whether they’re a freshmen or a postgrad[uate]... I speak with my actions as opposed to with my words so I try to implement that on the team, just working through your actions instead of being all talk. I think that as well as the team inclusivity, is very important [for] everyone [to feel like they’re] a part of the team and [a part of the] brotherhood we have going on,” said Sheldon.

Byron Johnson ’25 knows that Sheldon is someone who is always striving to lead by example.

“One thing that stands out to me is that he’ll always keep the group focused. Sometimes we’ll be high energy and kind of go off track, but he always makes sure we’re doing the right thing, focusing on practice or focusing on the game. He’s always super engaged, and I think that’s probably one of his greatest features as a captain,” said Johnson.

Johnson also appreciated the support Sheldon offers to his teammates throughout the season. As a fellow offensive lineman, Johnson feels particularly close to Sheldon.

“Over the summer there was a camp at Williston that I wasn’t able to make, but one thing that [Henry] did for me was making sure that I knew the plays. He would offer to call me and go over the plays, always just making sure that I was ready for the season. Now that we’re [at school], he’s always talking to me during the games and after the games and while we’re watching film,” said Johnson.

Sheldon serves as a mentor off the field by meeting with his teammates outside of practices. He ensures that the support he offers them is not simply restricted to football.

“We have study halls [where] we go to admissions on Tuesday and Thursday nights after practice... I try to help out the Freshmen if they have a simple algebra question, chemistry question, or something like that. I think [leadership] is also shown outside of football. During study hall, all the Captains, all the Seniors, [are] helping out some of the new people at the school,” said Sheldon.

Along with the other captains, Sheldon works to build a relationship with Head Coach Trey Brown. Co-Captain Joe Carrara '24 believes the Captains' communication efforts are a factor in uniting the team as a whole.

"The Captains have a unique role where we're kind of like the bridge between Coach and the players. And if Coach has something he wants to run by us, we'll do that. If we wanna run something by him, it's definitely a great relationship that we feel comfortable enough to do and he feels the same way," says Carrara.

Sheldon cherishes the time he has with the team and the position he is in to represent the program. Every day, he strives to provide his younger teammates and peers around him with a good example.

"I definitely take honor and I take a lot of pride in [being Captain]. You know, getting to represent the team not just on the field, but off the field. I think it's very important to be a good representative to the rest of the school. Naturally, as a leader younger kids on the team might look up to me, so I take pride in being a good role model in that sense," said Sheldon. Sheldon will continue his football career at Bowdoin College next year.

Orla Naughton
Sep 28, 2023

Andover Football Battles in Close Game Against Salisbury High School



Andover Football took its second loss of the new season against Salisbury School with a final score of 28-35 on Saturday. In an intense game, the team fought from behind but came short at the final sound of the whistle.

Despite the loss, Andover still put on an impressive performance, according to one-year Senior Alexandro Armour '24. He praised Sebastian Haferd '25, Daniel Bandar '24, and John Furey '24 for their defensive abilities throughout the game.

Armour said, "Our front seven is probably, other than [at] IMG [Academy], the best I played with in my school career. No one can run the ball on us, so they are forced to do it through the air. And you know, our safeties and our cornerbacks don't have to cover for long for me, DB [Bander], Sebby [Haferd] and Furey to get home, so definitely our front seven is where it's at."

On the other side of the ball, Andover was able to get down the field efficiently, but ran into some red zone troubles. New quarterback Adam Landry PG'24 felt pleased with the team's offense, noting its success in maintaining possession and transitioning the ball down the field.

"Offense moved the ball really well. That game, we had a lot of long drives, which really helped us chew the clock. Our special teams performed well too. Our kicker's great. I don't think he's missed a field goal or an extra point yet so that's a good takeaway. Overall, I think the offense is doing really well," said Landry.



Although the team put up a great show on both sides of the ball, Andover conceded numerous touchdowns due to technical issues on the field. Defensive lineman Daniel Bandar believes the team could have done better in getting the opposing ball carrier down at first contact.

Bandar said, "We could have tackled them way better. We did better this last game, but I think we need to lower the shoulder more and go for the legs and just tackle because we had some missed tackles against Salisbury that we should

have gotten. But just one more week of just getting tackling fundamentals down, we should be good to go.”

Andover looks forward to developing its team throughout the season by using an iron-sharpens-iron mentality. According to Armour, offensive lineman Grant DeHoog '25's unwavering determination and hard work in practices is reflective of this mindset, raising the quality of play in others.

“One thing about [DeHoog] is he ain't gonna quit. No matter what I do...he's gonna keep coming and I definitely respect that he can. You can see it in the game. He ain't gonna quit. Let's say someone who's really really strong is trying to have their way with him. He's gonna keep coming at him, which I really respect,” said Armour.

Previously on the road against Salisbury, Andover Football looks forward to returning to its home field, Phelps Stadium, this weekend. Bandar believes that Andover's time in the film room will provide a great advantage for them in the upcoming game.

Bandar said, “Our plan to prepare for our game against Kent next weekend is to watch a lot more film and focus on their offense and their defense and how to counteract it. We want to be prepared on how to read their plays and overall know what's going to happen before the play even begins.”

Andover Football will host Kent on Saturday.

Michael Williamson

Oct 5, 2023

Football Triumphs Over First Victory of the Season



Saturday 10/7 – Andover: 36, Kent: 0

After two straight losses against Williston and Salisbury, Andover Football took down Kent on Saturday, bringing home its first win of the season.

Byron Johnson '25 acknowledged the team's change in preparation against Kent in comparison to its previous games. He highlighted Andover's ability to work together cohesively throughout the game.

“It was the first time as a team that every single part of the ball, offense, defense, and special teams, worked together. The offense would score and the defense would quickly get us the ball back. I think it was just a combined very good effort by the entire team,” said Johnson.

Johnson also noted that the team also dedicated themselves to elevating their practice sessions after facing off against Williston and Salisbury. These intense practices replicated in-game scenarios that would mimic the difficulty and pressure of facing opponents.

Johnson said, “Part of the reason we won was because of our intensity in practice this week. Taking our first two losses we kind of realized that we needed to step it up. We have the talent to win, we have the coaching, we have the good players that we need to win. We really stepped it up, and had much more intense practices this week.”

Alexandro Armour '24 also emphasized the importance of high-intensity practices in preparation for games. Getting used to a more difficult level of play in practice allowed the team to identify and address their weaknesses for the upcoming

Armour said, “We just have to try to make practice harder than the game. That's the biggest difference between the first two games and the past game. We practiced way harder than Kent played against us, so when we got out there, it was easy. We have to do our best to replicate that kind of intensity for Cheshire.”



Andover started off strong against Kent on Saturday, to which John Moran '24 credited Elan Shetty '26. Shetty's kick return at the start of the game set the tone for the rest of play.

"[Elan] took it for 60 yards and almost scored a touchdown during the first play of the game. That really kicked off the night for everybody," said Moran.

According to Josh Espinoza '25, the coaches reiterated the importance of staying in the present in the game against Kent. Espinoza recalled the locker room talk from the coaches telling the team to finish the game at full capacity, despite its lead at halftime.

Espinoza said, "We were reminded that although we were performing very strongly, we still have the rest of the game to finish. So it's about doing well the entire game and putting in your full effort throughout. I think that mentality contributed to our win."

As the team celebrated its first victory of the season, teammates also forged stronger bonds in the aftermath of their triumph. According to Armour, the challenging practice sessions during the week and the game against Kent provided the team with opportunities to connect with one another.

"We have a lot of new guys this year, and we all met at different times. Some people met in the spring...and there's been glimpses of us being a team and family, but I feel like it really came together this past week, at practice, and against Kent," said Armour.

The team plans to maintain its quality in games and practice. Espinoza noted that Andover will look past its recent victory and onto how the team can maintain a high level of play for its next games.

"Going into it, I felt like we were prepared as a team. Coming off a 0-2 record we had a lot to prove to ourselves and to the school. We all knew that we had put in the work to win the game, so it was just going out there and executing it. We got the results we wanted, but now it's looking to the future and preparing for the next game," said Espinoza.

Andover Football will host Cheshire Academy on Saturday.

Lily Williamson

Oct 13, 2023

Football Keeps Spirits High Despite Loss to Cheshire

10/14 – Andover: 14, Cheshire Academy: 42

Andover Football (1-4) fell to one of the strongest teams in New England, Cheshire Academy (Cheshire), on Saturday. Despite the team's loss, Andover was able to take positives from the tough matchup.

Cheshire featured players committed to Penn State, University of Miami, Yale University, and University of Southern California, among others. Wide receiver Elan Shetty '26 described the team's mentality heading into the game against Cheshire.

"We saw them as one of the best teams in New England, but we went with it. They are beatable. We can beat them, and we're going to give our best effort in beating them," said Shetty.

However, Cheshire's reputation as a football team still caused some unease within the team starting from kickoff, according to defensive back Carter Aime '25.

"We knew coming into the game that they would be a really good team... We were scared in that way, like when we got on the field [on the] first drive... We were just scared at the beginning of the game, and that kind of just carried [through] the whole [game]," said Aime.

Despite this anxious energy, some moments in the game allowed the team to gain momentum and fight back. Shetty noted that safety Nick Jones '24 made an impactful play that raised the team's spirits.

“Nick Jones recovered a fumble [in] the second half, and it just gave our team life, and it gave us momentum to go out there and want to get some points on the board,” Shetty said.

Although Andover made some memorable plays, Shetty talked about how the team has been let down by its lack of effort in practice. He believes that this is one of the main contributors to Andover’s poor record.

“We got to take practice more seriously. We can’t go around with an arrogant attitude...we [got to] bring our best at every single practice in every single game. Can’t take plays off. We [got to] do the best that we can,” said Shetty.

Defensive back Bennett Rodgers ’26 is proud of the improvement the team has made since last year and expressed his high hopes for the rest of the season.

Rodgers said, “We have a much better team than last season. We [have] a lot more talent and I think it’s a great group of guys... We always say we’re like a family and I think it is really good.”

Shetty held similar sentiments to Rodgers, mentioning that the team has improved substantially since it played together last year. Andover has not only shown growth in its level of play, but also in its chemistry .

“The brotherhood and the camaraderie between the team is a lot better than last year. You can definitely see the level of talent on both the offensive side of the ball and the defensive side of the ball, which is substantially better,” said Shetty.

Andover Football will play at home next Saturday against Brunswick.

Theo Wei

Oct 20, 2023

Football Scores Two Touchdowns, Still Falls to Brunswick

10/21 — Andover: 12, Brunswick School: 20

Similar to many of the teams playing at Andover on Saturday, Andover Football (1-4) faced heavy rain in the game against Brunswick. Running back Logan Cove ’24 and wide receiver and Co-Captain Joe Carrara ’24 each scored a touchdown for Andover. These notable plays were not sufficient, however, to counteract Brunswick’s 20 points.

Linebacker John Moran ’24 described Cove’s and Carrara’s long touchdown drives.

Moran said, “Logan Cove’s touchdown, I think it was a 40-yard run. He broke tackles at the line and then broke tackles at the second level. Again, ran right into the end zone. Probably every single yard he got on that play was after contact... Joe’s touchdown was like 60 yards, a huge touchdown.

Those two plays were really awesome because the offense has been the part of the team that struggled a little bit more this year”

According to Carrara, the game against Brunswick was unique because of the team’s attitude. He observed the team being full of energy and enthusiasm.

“The atmosphere of the event was definitely different [from] any game we’ve had before... You could really see that everyone bought in and everyone was really excited for the game. And I think that lasted from the beginning to the end. Like even after the loss, you could still tell how much guys cared. And it really just showed how much we’ve moved in the right direction as a team,” said Carrara.

Carrara noted that the defense as a whole made their presence known in Saturday’s game. He specifically admired a defenseman that he felt led the defense. Carrara also mentioned Janiel Herrera ’24, who played in his second game after being injured for the past two years.

“Individuals that stood out, I’m just going to say the whole defense, especially number six, Janiel Herrera, and number four, Aiden Goss [’24]. Those two kids stood out to me throughout the whole

game. I know [Herrera, this] was his first full game back in a long time from injury, and he played really [well]. Aiden Goss, number four, was a leader on the defense,” said Carrara.

Byron Johnson '25 reflected on last week's game against Cheshire Academy and how the team prepared differently for its game against Brunswick.

In an email to *The Phillipian*, Johnson wrote, “We practiced [for Brunswick] like we were going against the team we were going against. I think part of the reason we lost to Cheshire was because we had the mindset that we were playing Kent. Coming into the game knowing who we were playing is the reason [why] we had such a great first half.”

Moran looked ahead to Andover's upcoming game against Deerfield Academy and how the team will move past its loss against Brunswick. Moran also reflected on the team's current record and emphasized the importance of the team maintaining a positive attitude.

“[We'll work on] staying high energy, high effort, keeping our heads up. We're one in four now, so this is an opportunity, this is a time when the team could get really down on itself and we'll be working on keeping our heads high and keeping our eyes focused on the next game to come, which is [against] Deerfield,” said Moran.

Andover Football will travel to Deerfield on Saturday.

Elizabeth Wodarski

Madeleine Shin

Oct 27, 2023

Football Faces Difficult Loss to Deerfield

10/28 – Andover: 19 Deerfield: 45

Andover Football (1-5) faced some challenging competition this week, followed by unfortunate injuries that took a toll on the team. Quarterback Adam Landry PG'24 was out and injured, with Jackson Slack '26 taking his place against a dominating Deerfield team.

Going into the game, wide receiver and Co-Captain Joe Carrara '24 highlighted the team's highly competitive yet lively energy. Carrara highlighted the camaraderie between Deerfield and Andover.

“Andover [and] Deerfield is always a good matchup. We always love playing them. It's always a great game and it's exciting. We got there a couple of hours early, walked down to the field, [and] everyone was locked in. Unfortunately, the game didn't go as we had hoped, but it's always fun to play Deerfield,” said Carrara.

Although the team did not take the win over Deerfield, Landry praised Slack, an IMG Academy transfer, who entered the game as the starting quarterback. Despite his injury, Landry was excited to see Slack fulfill his roles well.

Landry said, “We started off the game rough and Jackson didn't... start, but he kept his head high and he went in the game in the middle of the first quarter and he started doing the right things. He was throwing the right balls. He eventually ended up with two touchdowns... To be thrown in that situation is pretty tough, but he lived up to his expectations and he had a really good game.”

Carrara highlighted the electric plays made by linebackers Janiel Herrera PG'24 and Nate Rosner PG'24. Carrara emphasized Andover's energetic defense despite the changes to the offensive lineup.

“A couple of times the defense came up big. I know Nate Rosner, Post-[Graduate] linebacker had a big interception before the half and I know Janiel Herrera, another [PG] linebacker had at least one forced fumble, maybe two, and he made a bunch of good plays on defense,” said Carrara.

From the sidelines, Landry pointed out areas where the team needs to sharpen up, particularly with maintaining a balanced score before the second half and improving its early quarter plays.

Landry said, “In our first quarters, we've had slow starts. We make a winnable game very difficult for ourselves by getting down on the scoreboard early. It's also been difficult for us to dust that off

when we've been down by a couple of touchdowns before [the] first half is over. Most times, however, we have been able to fight back in the second half and not give up."

With its last game underway before Andover/Exeter Weekend, the team is preparing diligently to play Suffield Academy. According to running back Logan Cove '24, Andover is studying film and developing a plan to counteract Suffield's offensive and defensive line.

"We're going day by day looking at Suffield's defense and breaking it down, finding [its] weak points, and finding very specific plays that are going to work in our favor... which I think is going to be huge for us and I think we're going to have a lot of success going into the weekend," said Cove. Andover Football will play its final home game on Saturday against Suffield Academy.

Michael Williamson

Nov 2, 2023

Propelled By Home Crowd, Football Defeats Suffield

11/5 — Andover: 24, Suffield Academy: 20

Andover Football (2-5) edged out a win against Suffield Academy on Saturday, marking its second victory of the season.

The game was a hard-fought battle, but the team's unity and the lively atmosphere of Senior Night provided them with the boost they needed to clinch the win. Wide receiver and Co-Captain Joe Cararra '24 sealed the game with a 75-yard touchdown reception in the fourth quarter, which was led by quarterback Adam Landry PG'24, who totaled 308 passing yards.

According to defensive lineman Alex Armour '24, the uplifting atmosphere played a big part in the win over Suffield Academy. Armour explained how strong teamwork combined with a non sibi mindset allowed Andover to succeed against Suffield Academy.

"It had a lot to do with it being Senior Night. Everybody was playing for the man next to him, as opposed to himself. And you could see it in every play. Someone would make a play and everyone would rally around him, hug him, say good job. Even if somebody messed up the play, everyone was like, 'You alright bruh, you good, we going to get them next time,' it was that kind of energy," said Armour.

Offensive lineman Byron Johnson '25 said the team was determined to outperform its opponents, particularly in front of the home crowd, and this mindset was the driving force behind its performance.

Johnson said, "I really think that everyone [believed] we needed to get that win because of the Seniors having their last home game... You always want to win the game, you always want [to] win whatever competition that you're in. But I think we, the whole team, knew that we need[ed] to get that win, especially against a winnable team. So just having that mindset really just prepared us to win and that's ultimately what we did."

Johnson also added his thoughts on the team and crowd's spirits.

"Overall, the team's energy was great. I think also our fans kind of carried us and brought our energy up and the Blue Key Heads [were] doing their job, everybody having good energy... The overall energy of our team and the crowd, which is everybody around us, that just completely brought us to the end of that game," said Johnson.

Both Armour and Johnson highlighted one crucial play that sealed the deal for Andover: the interception made by safety Nick Jones '24 at the end of the fourth quarter.

Armour said, "[Jones] had a game-saving pick. Just speaking for myself, I was nowhere near making that play. On the play he got that interception that was such a [great play], he saved the game, and that was a fifty-fifty ball and he ended up with it. Definitely, to me, he was the MVP."

Ahead of their upcoming game against Phillips Exeter Academy (Exeter), Johnson explained the team's dedication to going the extra mile in their preparations.

"We're going to ride the momentum of this win, ride the momentum of the week of practice that we just had and carry that into this week's practice and carry that into Exeter and making sure that we really know what they're gonna do, studying film, and then executing against that film in practice... And then also adding in whatever we're gonna add to, [try to] throw them off guard. We're going to continue what we've been doing in the past weeks," said Johnson,

Elizandro Pereira '27 explained how the Freshman players on the team will help Andover's preparation against Exeter.

Pereira said, "As Freshmen, we have to be able to give the varsity players good looks as a scout team during practice. We have to make sure the Seniors have the best opportunity possible to succeed on Saturday against Exeter."

Andover Football will play away against Exeter on Saturday.

Aaron Huang

Alexander Dimnaku

Nov 9, 2023



Boys Varsity Soccer

2023

Head Coach: Edwin Escobar

Assistant Coach: Chris Ishizuka-Wade

Captains: Garrett S. Holman, Alex Torrens, Zane W. Matraji, & Ellis E. Denby

Managers: Natalie Murphy, Anjolaoluwa Odukoya, & Jasmine Scanlan

Overall Season Record

Win	Loss	Tie
12	3	2

Letter Winners: Jack E. Alexander, Spencer C. Salhanick, Oliver E. Buckhoff, Garrett S. Holman, Liam A. Rorke, Alex Torrens, Zane W. Matraji, Ellis E. Denby, Alexander Coman, Elijah J. Robinson, Peter J. Elliott, Ryan N. Lam, Rafiq Kasumov, Jonathan Bu, Spencer Madge, Sebastian R. Mejia-Rivera, Keegan J. Markgraf, Paul M. Gichana, Everett K. Woo, Camden E. Willems, Alexander C. Lee Marc A. Nelson, Julian Gravereaux, Alvin Y. Liu, Kai C. Myles, Louis-Thomas Vincent, Tristan P. Marnoto, Natalie Murphy, Anjolaoluma Odukoya, & Jasmine Scanlan

Award Winner:

SMOYER SOCCER CUP - Alex Torrens

Boys Soccer

2023 Schedule and Results

Wed	09/06/2023	Soccer BV	B. B. & N.	A	3:30 PM				
Sat	09/09/2023	Soccer BV	Roxbury Latin	H	3:30 PM				
Wed	09/13/2023	Soccer BV	Noble & Greenough	H	4:45 PM				
Mon	09/18/2023	Soccer BV	Belmont Hill	A	4:45 PM	7-1	W		
Wed	09/20/2023	Soccer BV	Milton	H	3:30 PM	1-2		L	
Fri	09/22/2023	Soccer BV	Loomis	H	6:30 PM	2-0	W		
Sun	09/24/2023	Soccer BV	NXLT LVL Showcase	A	1:30 PM				
Wed	09/27/2023	Soccer BV	Austin Prep	H	3:30 PM	9-2	W		
Sat	09/30/2023	Soccer BV	Taft	A	4:30 PM	1-1			T
Wed	10/04/2023	Soccer BV	Bridgton Academy	H	4:00 PM	2-0	W		
Sat	10/07/2023	Soccer BV	Choate	H	4:00 PM	3-0	W		
Wed	10/11/2023	Soccer BV	Pingree	H	3:30 PM	12-1	W		
Fri	10/13/2023	Soccer BV	St. Paul's	A	5:30 PM	6-0	W		
Mon	10/16/2023	Soccer BV	St. Sebastian's	H	4:45 PM	3-3			T
Wed	10/18/2023	Soccer BV	High Mowing	H	3:45 PM	2-1	W		
Sat	10/21/2023	Soccer BV	N.M.H.	H	2:45 PM	incomplete			
Sat	10/28/2023	Soccer BV	Deerfield	A	4:00 PM	4-2	W		
Wed	11/01/2023	Soccer BV	Worcester	H	2:45 PM	0-2		L	
Sat	11/04/2023	Soccer BV	K.U.A.	A	5:00 PM	4-0	W		
Wed	11/08/2023	Soccer BV	Tabor	A	4:00 PM	4-0	W		
Sat	11/11/2023	Soccer BV	Exeter	A	12:00 PM	2-0	W		
	11/15/2023	Soccer BV	Tourney vs Milton	A	2:00 PM	0-0 Loss in PK		L	

Phillips Academy Boys Varsity Soccer 2023

<u>No.</u>	<u>Name</u>	<u>Yr.</u>	<u>Hometown</u>
1 G	Jack E. Alexander	2025	Catskill, NY
2	Spencer C. Salhanick	2024	Andover, MA
3	Oliver E. Buckhoff	2024	Salem, MA
4	Garrett S. Holman *	2024	Hamburg, NJ
5	Liam A. Rorke	2024	Northwood, NH
6	Alex Torrens *	2024	Andover, MA
7	Zane W. Matraji *	2024	North Andover, MA
8	Ellis E. Denby *	2024	North Andover, MA
9	Alexander Coman	2024	Dorval, QC
11	Elijah J. Robinson	2025	Middletown, CT
12	Peter J. Elliott	2024	Wallingford, CT
13	Ryan N. Lam	2024	Atherton, CA
14	Rafiq Kasumov	2025	Monaco, MC
15	Jonathan Bu	2026	Ellicott City, MD
16	Spencer Madge	2025	Wellesley, MA
17	Sebastian R. Mejia-Rivera	2025	New York, NY
18	Keegan J. Markgraf	2025	Whitefish Bay, WI
19	Paul M. Gichana	2025	Haverhill, MA
20	Everett K. Woo	2025	Lexington, MA
21	Camden E. Willems	2024	The Woodlands, TX
22	Alexander C. Lee	2025	Andover, MA
23	Marc A. Nelson	2025	Jackson, NJ
24	Julian Gravereaux	2024	Brookline, MA
25	Alvin Y. Liu	2024	Burlington, MA
25	Kai C. Myles	2027	Kingston, JAM
27	Louis-Thomas Vincent	2025	Saint-Bruno-de-Montarville, QC
30 G	Tristan P. Marnoto	2024	North Andover, MA

*Captain

Coach: Edwin Escobar

Assistant Coach: Chris Ishizuka-Wade

Managers: Natalie Murphy, Anjolaoluwa Odukoya, & Jasmine Scanlan



Boys Soccer 2023 Game Highlights

SEPTEMBER 18, 2023

Soccer BV at Belmont Hill

W 7-1

GUNGA VS. BELMONT HILL SEXTANTS

Belmont, MA - BVS hit the road on a rainy day to face Belmont Hill, who had a strong start to the season. The home team applied pressure on the Big Blue from the beginning, making it challenging for the Big Blue to find a rhythm. However, after the 20th minute of play, Big Blue began to collaborate better as a team in different parts of the pitch, leading to our zenith of success. The scoring for the Big Blue started with Spencer Madge '25 playing Alex Coman '24 for an overlapping run, Coman would finish his run with a powerful cross that was punched in by senior captain Zane Matraji '24. Matraji would find great success on the pitch on the day but this time his contribution was for an assist to Kai Myles '27 who finished a well-placed cross from Matraji to make it 2-0. Ellis Denby '24 would get on the scoresheet score via a PK after Matraji was taken down by the Sextant's goalkeeper. The fourth goal was a GOLAZO from Julian Gravereaux '24 who drilled home a corner kick delivered by none other than Zane Matraji. Ellis Denby had an incredible game and added the fifth, Elijah Robinson '25 was on his toes to capitalize on a goalkeeper miscue to make it six. To wrap things up, Louis-Thomas Vincent '25 would make it 7 after firing a shot that the keeper could not hold on to from well outside the 18-yard box. Garrett Holman '24, Julian Gravereaux '24, Sebastian Mejia-Rivera '25, and Alex Coman '24 were all exceptional defensively. In Goal, both Jack Alexander '25 and Tristan Marnoto '24 were also impressive. Overall, it was a great team win for the Big Blue. Up next, Milton.

SEPTEMBER 20, 2023

Soccer BV vs Milton

L 1-2

GUNGA FALLS TO MUSTANGS

Andover, MA - On a beautiful fall New England afternoon, the Big Blue faced off against Milton, consistently one of the top programs in New England soccer and a 2022 Class-A tournament finalist. Perennially well-coached and well-organized, Milton proved a great test for Andover's early season. The opening sequence of the match consisted of Andover and Milton trading blows of possession, particularly in attempting to build out of the back. Milton pressed Andover's back line well, relying on a combination of patience and a smart midfield rotation to force Andover to the wings and over the top. Alfred Debah's (2025) dynamism as Milton's forward was tough to match throughout the 90 minutes, but the Big Blue's centerbacks Garrett Holman (2024) and Sebastian Mejia-Rivera (2025) held their line well. Jack Alexander (2025) proved heroic once again between the pipes for the Big Blue, coming up with several startling saves to deny Milton some great scoring opportunities.

The midfield proved a battleground in a very physical match, and Ellis Denby (2025) commanded the middle of the pitch with strength and composure on the ball. Alex Torrens (2025), playing holding mid on the day, was a stalwart presence in front of Andover's back line, pressing Milton's attacking mids and winning a series of pivotal turnovers. Relentless pressing, too, from the Big Blue's Kai Myles (2027) and Paul Gichana (2025) led to productive turnovers for Andover's play forward, but Milton's defensive line remained tough to crack on transitions.

In the second half, the game opened up more, leading to both teams throwing numbers forward to create chances. Ten minutes into the half, Milton broke the deadlock by capitalizing on a free kick outside of Andover's box, the ball pinging around the six before Milton hammered the ball into the net. Andover dug deep in their response, and 15 minutes later, a quick counter through the midfield allowed Mark Nelson (2025) to slot a delightful through-ball for Kai Myles to run on to. Kai still had a great deal of work to do, but with a last-minute, slick feint around Milton's center back, he was able to find just enough breathing room to crack the ball into the back of the net.

The final 20 minutes of the game proved exhilarating, with both teams playing at a breakneck pace to find the inch or two that would decide the game. Liam Rorke (2024) and Spencer Madge (2025) gave some great shifts at the end of the match on the wings for Andover, bombing up and down the sideline offensively and defensively. Nearing the end of the game, players' legs on both teams turned to muffin batter, with fatigue and cramps setting in. Milton kept knocking on the door, though, and they were awarded a penalty late in the match. A cool penalty put Milton up 2-1, and Andover couldn't find the solution in the final minutes of play. The Big Blue continues their campaign against a Loomis Chaffee this Friday under the lights at Phelps Stadium. Onwards!

SEPTEMBER 22, 2023

Soccer BV vs Loomis

W 2-0

GUNGA DOWNS PELICANS

Andover, MA - On a mesmerizing evening, The Big Blue hosted the Loomis Chaffee Pelicans at Phelps Stadium. BVS had the great support of its home crowd and took the field with high energy. The visiting Loomis team was also determined to win, and the first few minutes of the game were frantic, with both teams fighting for every ball to gain an advantage. However, the home team settled into the game first and scored two quick goals, proving enough to earn the three points. The first goal came after nine minutes of play when Ellis Denby '24 took a short corner kick that Zane Matraji '24 timed perfectly to score. The second goal also involved Ellis Denby '24, who served a free kick that Julian Gravereaux '24 flicked over the goalkeeper.

The rest of the game was a battle, with both teams creating numerous chances. Big Blue's defense, led by Jack Alexander '25 in goal and a solid back four line composed of Garrett Holman '24, Julian Graveraux '24, Sebastian Mejia-Rivera '25, and Alex Coman '24, shut down all the visitors' threats. Alex Torrens '24 dominated the midfield and was fantastic in his defensive space and ability to distribute forward. Overall, the Big Blue displayed a great show in front of its home crowd and looks forward to taking another step forward next week against Austin Prep. The supporters who attended the game were appreciated, and the team hopes to see them next time on Smoyer Field.

SEPTEMBER 27, 2023

Soccer BV vs Austin Prep

W 9-2

GUNGA DOWNS AUSTIN PREP COUGARS

The Big Blue put away their chances well against a gritty Austin Prep side on Wednesday afternoon on Smoyer Field, the match finishing 9-2. Andover relied on the full depth of their roster throughout the game, each player putting in a strong shift as Andover now looks ahead to a trip south to Taft on Saturday.

The Big Blue opened the scoring in the 8th minute after Sebastian Mejia-Rivera (2025) took down an Austin Prep clearance with a startlingly silky first touch before finding a cutting ball forward to Liam Rourke (2024) through Austin Prep's midfield line. After turning inside, Rourke linked up with Zane Matraji (2024), chipping Matraji through for a shot on goal. After a great initial save from the keeper, Ellis Denby (2024) slotted home Andover's first goal.

The Big Blue didn't have to wait long before scoring their second goal, and certainly, their best goal of the day. Starting with the center back duo of Mejia-Rivera and Garrett Holman (2024), the Big Blue put together a lovely sequence of play to switch the point of attack several times through Alex Torrens (2024), Denby, Matraji, Julian Graveraux (2024), and Rourke before playing Camden Willems (2024) over the top of Austin Prep's backline. After drawing two defenders off the eighteen, Willems found just enough space to hit an absolute rocket from outside of the box, the ball screaming into the top corner as screams of "Golazo!" rang out from the crowd.

It wouldn't be the only golazo of the day, though, as Austin Prep answered with their first goal seven minutes later with a 40-yard bomb from AP's Peter Pavlakos (2024) after a failed defensive clearance. A tip of the hat to Pavlakos' awareness and composure to score what would be his first of two goals on the day.

After some compelling back-and-forth play between the two sides, Liam Rourke (2024), who certainly did not fritter away his chances on the day, blew the game open with two fine finishes within four minutes for the Big Blue, one of which included, with an assist from Matraji, a devilishly clever cruyff at the six-yard box before a cool, finessed finish into the corner.

To close out the first half, Matraji kept the scoring tally running compliments of a scintillating through ball from Torrens, with Matraji keeping his composure on a quick break, waiting for the keeper to commit before slotting the ball home.

Much of Andover's scoring opportunities opened up in these final minutes due to great minutes off the bench from the every-crafty and composed defending pair of Peter Elliot (2024) and Spencer Salhanick (2024), as well as disciplined and creative shifts from Louis-Thomas Vincent (2025) and Spencer Madge (2025). Mark Nelson (2025), Ryan Lam (2024) and Elijah Robinson (2025) did their jobs well on the edge and up top, providing some great offensive pressure on Austin Prep's backline.

At the start of the second half, Matraji and Denby combined for a short corner, Denby beating his defender on the end line to assist Rourke for Rourke's third (but not final!) goal of the day.

For Andover's seventh, Gravereaux made a surging run from the back line through AP's midfield before finding Matraji on the edge, who delivered another assist for Rourke, who finished his fourth goal of the day in the 56th minute.

Rourke paid back some favor by assisting Denby two minutes later, who did well to break through AP's defense from the top of the box and find an opening to finish.

AP's Pavlakos put away a phenomenal header in the 75th minute, his second of the day, from a great ball in from AP's fullback.

Andover found their response and the final goal of the game with Holman playing an ingenious outside-of-the-boot through ball to Mark Nelson, who had a neat finish past the keeper in on goal.

In the second half, Andover kept the pace of the game high and played great soccer. Alex Lee (2025), Everett Woo (2025), and Vincent ran the midfield with composure, rotating to their spots and moving the ball one-and-two touch. Jonathan Bu (2026) put great pressure on Austin Prep's defense as striker, forcing turnovers and opening up offensive breaks. Keegan Markgraf (2025) had a great shift at left back, keeping things simple and finding balls forward to break Austin Prep's press. Alvin Liu (2025) worked to get himself in nice staging areas as a winger, ever a threat on the edge. Markgraf's and Liu's left-sided play complimented strong first-half efforts from Rafiq Kasumov (2025) and Alexander Coman (2024), making for a complete performance for the Big Blue.

SEPTEMBER 30, 2023

Soccer BV at Taft

T 1-1

HARD FOUGHT DRAW VS TAFT

Watertown, CT - The Big Blue traveled south to Watertown, CT, to face the undefeated Rhinos of Taft School. Like a freshly brewed Latte on a crisp autumn day, spectators enjoyed a thrilling match with plenty of action. During the first 45 minutes of play, both teams created numerous chances to score, with Taft launching several counter-attacks and Andover creating their own chances by way of great ball movement. The Big Blue defense, led by Garrett Holman '24, Julian Gravereaux '24, Sebastian Mejia-Rivera '25, Alex Coman '24, and goalkeeper Jack Alexander '25 kept the Rhinos in check for most of the day; however, the Big Blue went down one-nil after a well-executed corner kick by the Rhinos. Camden Willems '24, however, scored ten minutes before the break, equalizing the scoreline.

Both teams continued to battle in the second half, with Andover creating several chances that almost led to taking the lead. Yet, the Rhino defense held firm, as did the Big Blue led by Jack Alexander and his back four line that was up for the challenge. With 25 minutes left, the Big Blue was reduced to ten men. Despite this setback, Senior Captains Zane Matraji '24 and Garrett Holman '24 led the team to a solid 1-1 tie. Senior captain Alex Torrens '24 also had an impressive performance, but he had to leave the game early after a head-to-head collision with a Rhino player. Trainers examined both players, and they were okay, but they were not allowed to re-enter the game for further evaluation. We wish the two players a speedy recovery. On the day, Paul Gichana '25 gave the Big Blue great energy coming off the bench, and so did Spencer Madge '25. Overall, it was a challenging game for the Big Blue on the road, but well fought until the end. The next match is against Bridgton Academy on Smoyer Field.

OCTOBER 4, 2023

Soccer BV vs Bridgton Academy

10-PLAYER BIG BLUE HOLDS STRONG AGAINST BRIDGTON

Over the course of a season, there will always be THAT game - the game that players, coaches, and fans know will stick in our minds long, long after the New England leaves rotate through their bag-of-Skittles colors and fall; the frosts of November mark the final week of practice; the nets are stripped from their goals; and the uniforms are hung up for another winter in the equipment room. This past Wednesday, Andover made it through what will surely be THAT game of the '23-'24 season against visiting Bridgton Academy. Always a strong and fast opponent, from the first whistle, Bridgton began stretching Andover's shape with balls over the top to a deadly trio of attackers. In the 20th minute, Bridgton's back line sent a beautifully-weighted ball over the top, forcing Andover's keeper, Jack Alexander (2025), to rush out and stop the breakaway by throwing his body in front of a volley from Bridgton's ever-dangerous Rizk Nadeem (2024). The ball ricocheted into Alexander's arm outside of the eighteen, leading to an immediate red card for Andover's goalie. With a backup keeper on injury reserve, the Big Blue had to get creative, turning to field player Camden Willems (2024), who has had several standout performances as a right winger of late, to step into the net.

With such an early ejection, there were two ways the game could have gone. But, standing strong in the face of being down a player for 70 minutes, the Big Blue trusted themselves, their (brand!) new keeper, their defensive shape, and their offensive chances to rally against the Wolverines.

Andover's belief was rewarded in the 28th minute when holding midfielder Alex Torrens (2024) found winger Rafiq Kasumov (2025) with a ball through midfield Bridgton's line - Kasumov deftly turned the ball out to Zane Matraji (2024), who found Kasumov once more with a one-two to slip behind Bridgton's back four. Credit to Andover's Kai Myles (2027) for a heads-up play to hold his run next to Matraji to prevent an offsides call, allowing Matraji to surge into Bridgton's final third and deliver a low cross which an oncoming Spencer Madge (2025), who was fantastic on the day, buried into the top corner.

It's a lot easier to believe when the goal count goes up, and Andover scored their second just before halftime. Paul Gichana (2025) played his heart out on the wing all day for the Big Blue, pressing with intention and taking defenders on with disciplined flair, and with eight minutes left in the half, he won the Big Blue a pivotal corner after drawing out both Bridgton's right and center backs to the edge. After Bridgton's initial clearance of Matraji's whipped-in cross, Gichana kept the press alive, earning a turnover which Andover recycled through Garret Holman (2024) and Julian Gravereaux (2024), the latter of whom sent Liam Rourke (2024) in over the top for a one-on-one with Bridgton's keeper. Rourke forced a bobble from the goalie, allowing Rourke to recollect the ball and delicately chip the goalie to (you guessed it!) an on-rushing Gichana, who put away the cross in the six-yard box, earning Andover a 2-0 lead heading into the half.

The game was far from over, however, and Andover relied on the depth of our substitutes to carry the day. Alex Coman (2024) and Holman were relentless as Andover's left and center backs, respectively, in the first period, but two unfortunate collisions over the course of the second half saw their matches cut short due to injury. Spencer Madge and Peter Elliot (2024) stepped into Andover's backline as fullbacks, and the four of them - Elliot, Gravereaux, Madge, and Sebastian Mejia-Rivera (2025) held the door well against Bridgton's attacks. Up front, Kasumov, Ryan Lam (2024), Marc Nelson (2025), and Myles gave everything they had to destabilize Bridgton's play out of the back and generate threats even with a player down. Louis-Thomas Vincent (2024) put in a judicious shift in the center of the pitch, winning key turnovers and keeping forward balls simple. Andover's captains Matraji and Torrens heroically dug into their seemingly-endless wells of grit to win the battle of the center of midfield and solidify the spine of the Big Blue for a grueling 90 minutes. Liam Rourke, routinely a forward and winger, even got a run at outside-back, a testament to the full-team effort this game demanded from Andover.

Thanks to the fans for their invigorating support. This one was special. Choate on Saturday.

OCTOBER 7, 2023

Soccer BV vs Choate

W 3-0

CAMDEN WILLEMS CAN DO IT ALL

Andover, MA: It was a KitKat week for the home team as they took home two sweet victories. On a cloudy yet perfect day for soccer at Smoyer Field, BVS hosted the always-tough Boars of Choate to wrap up a busy week. Last year, the Boars defended well and made the most of their chances, resulting in a win. The BIG BLUE learned from that contest and aimed for a better result this time at home. Captain Garrett Holman '24 led the team defensively, bringing his back line together and holding Choate to only two dangerous attempts on goal. Thanks to Camden Willems '24 and the supporting back four, BIG BLUE earned a shutout on the day.

Senior captain Alex Torrens '24 played his best soccer on Smoyer Field, moving up the pitch and managing the 1-1 coverage he had on him all day.

Liam Rorke '24 had a sensational game on the offense, creating several goal opportunities against the visitors. On one of those occasions, Liam calmly turned instead of driving and played a beautiful through-ball that left Paul Gichana '25 to outrun his defender and beat the keeper to make it one nil.

Senior captains Ellis Denby '24 and Zane Matraji '24 were a nightmare for the visitors. Matraji did an excellent job finding pockets of space to turn and play, creating numerous goal opportunities. The day offensively belonged to Ellis Denby, who was spectacular on both ends of the field. His first contest goal was a rocket from outside the 18-yard box that the keeper could not react fast enough to stop. The third goal from Denby was a complete team effort. BIG BLUE eventually put together a ten-pass sequence to find a Denby outside for a one-on-one. Finding himself isolated with a 1v1, Ellis took his chance, drove into the box, beat his defender, and launched an unstoppable low shot to the far post, making the final score 3-nil. As the season progresses, all team members are getting increasingly comfortable in their roles daily, and players like Spencer Salhanick '24, Ryan Lam '24, Alvin Liu '24, Peter Elliot '24, Elijah Robinson '25, Rafiq Kasumov '25, Marc Nelson '25, Louis-Thomas Vincent '25, Everett Woo '25, Alex Lee '25, Keegan Markgraf '25 and Jonathan Bu '26 have all picked up their understanding of the team's style of play and their contribution only makes us stronger.

This week, many team members were called on to play a different role, and Camden Willems answered the call beautifully as he had to fill in the goal, having had no experience before. This week, with the help of Camden, went from what looked like a nightmare to an absolute dream of a week, and because of team members like Camden, we are who we are; that is, a BIG and SUPPORTIVE FAMILY.

Our next match is on Smoyer Field at 3:30 p.m. We look forward to seeing you there.

OCTOBER 11, 2023

Soccer BV vs Pingree

W 12-1

ANDOVER BESTS PINGREE

On an overcast Wednesday afternoon, Andover put together another complete performance, relying on their full roster, to best visiting Pingree 12-1.

The scoring opened in the first ten minutes with Ellis Denby (2024) playing a delightful through ball to split Pingree's backline before Camden Willems (2024) did his thing - we're calling it the Cam special now - of cutting across the 18 and driving home a shot from outside the box.

Garret Holman (2024) had a day among Andover's backline, spraying balls forward for midfielders and strikers to get on the end of. Andover's second came from Holman lofting a perfectly-weighted ball over Pingree's center back for Denby to run on to. Denby still had much work to do, and he dribbled past the keeper with composure before slotting the ball home.

Denby was instrumental in Andover's third as well (you're probably picking up on a theme here) when Marc Nelson (2025) released Denby down the line, who surged forward against Pingree's backs before finding Liam Rourke (2024) who had a tidy finish past Pingree's keeper.

Rafiq Kasumov (2025) made an immediate impact after being substituted on with 20 minutes to go in the half, putting together a dynamic shift on the right wing. He found Kai Myles (2027) in the box, who finessed a finish home, for Andover's fourth.

Denby couldn't stay off the scoresheet for long, and after Kasumov combined with him on the edge, Denby sliced through Pingree's final third to slot home his second on the day.

Pingree got on the scoreboard with 11 minutes to go in the first period after a well-weighted corner kick.

Pingree's player volleyed home a great finish into the corner of the net.

Andover responded well with the Myles/Kasumov duo striking again - Myles splayed a great ball wide to Kasumov on the edge, who took on his man, found a line into Pingree's box, and put the ball past the keeper. The two would orchestrate yet another goal before the end of the half, with Myles again playing Kasumov in, who surged into the box and delivered a ball across the face of goal that led to an own goal.

Denby notched his hat trick with a great strike from outside the 18 at the start of the second half, and Spencer Madge (2025) also scored from distance with an assist from Everett Woo (2025). Madge earned an assist not long after by playing Zane Matraji (2024) through, and Matraji pinged the ball into the corner with 15 minutes left in the game. Ryan Lam (2024) played great on the left wing for the Big Blue, finding Madge with a couple of minutes to left, and Madge scored his second with a great finish into the top corner. Madge and Lam combined again for Andover's final goal, with Lam slotting home a through ball from Madge.

Andover's performance was possible with great shifts from all players, particularly Alvin Liu (2024) and Spencer Salhanick at outside backs, Louis Thomas Vincent (2025), Alex Lee (2025), and Everett Woo (2025) in the midfield, and Elijah Robinson (2025) and Jonathan Bu (2026) up top. Marc Nelson and Paul Gichana were great on the wings, as well.

OCTOBER 13, 2023

Soccer BV at St. Paul's

W 6-0

ON THE ROAD VS. PELICANS

BVS traveled on Friday night to play against the always-disciplined Pelicans of St. Paul's. On that day, the home team started its Family Weekend celebration. This presented a psychological challenge to BVS. They had to hit the field look past the Pelican supportive crowd and impose their game on the home team. Fortunately, the BVS team was well-prepared and took the field as if they had slept well, eaten their arugula salad, carbs, and hydrated all night the evening before the game. The energy displayed on the field was a true delight to watch. Collectively, the team played some of its most incredible soccer, and those watching enjoyed the team moving the ball well and using space effectively.

On that day, Jack Alexander was excellent on goal and organized his back four with great clarity. Garrett Holman and company continue to deliver defensively and have only allowed one goal in the last five contests. This is a testament to the tightness and support the group lends to one another. In the midfield, Alex Torrens, Zane Matraji, and Ellis Denby were electric all evening and dominated the contest from beginning

to end. Off the bench, Kai Myles contributed with great minutes and so did Ryan Lam, Marc Nelson, Rafiq Kasumov, Alvin Liu, Everett Woo, and Jonathan Bu.

On that day, they also celebrated Peter Elliot's Birthday and wished Alex Coman was there too to celebrate his as well, but he was unable to attend. However, in spirit, he was there with them and they always have him in their hearts. Goals were scored by Paul Gichana, who continues to play incredibly well, Kai Myles, Rafiq Kasumov, Alex Torrens, and Candem Willems, whose vertical leap got us another one on the evening. Overall, BVS put forth a solid effort on both ends of the field, and the boys look forward to continuing to improve. Thank you to all those who came to support them. They hope to see you on Monday as they take on the St. Sebastians on Smoyer field.

OCTOBER 16, 2023

Soccer BV vs St. Sebastian's School

T 3-3

HARD-FOUGHT CLASSIC NEW ENGLAND SOCCER

Andover tied St. Sebastian's in a thrilling 3-3 tie in Phelps Stadium on Wednesday. The visiting team, a strong Class A opponent from the ISL, was extremely well-organized on the day, putting together the best defensive pressing that Andover has seen this season, a testament to their team's discipline and good coaching. They were also very dynamic heading forward, generating chances through the midfield to a very threatening set of strikers.

Andover opened the scoring against the run of play in the 9th minute with Camden Willems (2024) sending a surging ball forward from the backline to an onrushing Kai Mayles (2027), who tidily sidestepped the keeper and passed the ball into an open net.

St. Seb's punched back a minute later with a great set-piece delivery from 20 yards out, not to be outdone by a strong header at the back post that rocketed past Andover's keeper Jack Alexander (2024). The visiting team had great energy from the first whistle, energy that, at times, Andover found difficult to match.

The weather was as temperamental as Andover's play, with the hosts struggling to string together passes in the midfield. St. Seb's earned the lead with 13 minutes to go in the first period after their striker, Jack Mulka (2024) got the better of his man on the edge and found a wide open Seb's player at the top of the six to slot home the visitors' second. St. Sebs found their third goal not long after after a defensive error led to an opportunity to hit a shot from far out over Alexander.

Down 3-1 at the half, Andover knew they had to change up their game plan to get back in it. Opting to stretch Sebs' shape by playing more direct, the hosts started the second half with much better energy and play heading forward. Julian Gravereaux (2024) and Garrett Holman (2024) were instrumental, as center backs, in orchestrating balls forward that Andover could get on the end of.

The hosts were rewarded for their efforts when Sebastian Mejia-Rivera (2025) made a surging run forward to break Seb's lines, before finding Ellis Denby (2024), who would combine with a one-two with his fellow midfielder Zane Matraji (2024) behind Sebs' center backs. Denby, with just enough daylight to get a shot off, slotted the finish home.

For the rest of the game, the two opponents battled back and forth on first and second balls. Gravereaux was heroic at center back, challenging every header, and Garrett Holman kept everyone organized in front of him. Alex Torrens (2024) found his groove as the game continued, winning pivotal balls in the midfield to keep play heading forward. Matraji was a dynamic force between the lines for Andover, committing Sebs' defenders before finding his passes, destabilizing the very disciplined defensive shape of the opposition. Spencer Madge (2025), playing left back, played well on both sides of the ball, and Paul Gichana (2025) and Kai Myles (2027) were dynamic on the left and up top, respectively. Raf Kasumov (2024) and Camden Willems (2024) never lost hope, either, taking on Sebs' disciplined outside backs throughout the match. Marc Nelson (2025) also put in a good shift on the edge for the Big Blue.

Not losing trust in one another throughout the match, with less than 3 minutes to go, Andover found a final break after Holman won a header off a defensive clearance to find Kasumov in the middle of the pitch.

Kasumov settled the ball well, playing Denby inbetween Seb's center and outside back. With the roar of the crowd as a backdrop, Denby did what Denby does, slotting home his second and Andover's tying goal to end the game at 3-3.

Andover marches on against High Mowing on Wednesday before taking on the #1 team in New England, Northfield Mount Hermon, on Saturday. We hope to see you there.

OCTOBER 18, 2023

Soccer BV vs High Mowing

W 2-1

VS HIGH MOWING

Today, BVS hosted High Mowing on Smoyer field in Andover, MA. Despite the marsh field conditions, the Big Blue team played mellow against a well-organized High Mowing team with great individual talent all over the pitch. To contain HM, the Big Blue needed a solid team effort both defensively and on the attack. Jack Alexander '25 was excellent in goal and organized his back four well all afternoon, which helped him reduce the number of shots that he had to deal with. The back four led by Garrett Holman '24 played a key role in getting the Big Blue team's attack going, and their play was excellent. The quality of the midfield play was also great, and Zane Matraji '24 and Ellis Denby '24 continue to play well and improve with each practice and game. Louis-Thomas Vincent '25 got his first start of the season at CDM, and as the game progressed, his play improved as well.

In the attack, Kai Myles '27 was dangerous and got on the scoreboard after receiving an excellent over-the-top ball from Garrett Holman '24, who broke through the visiting back-four. Myles calmly collected the ball, cut it back to send his defender one way, and drove home a low shot past the visiting Goalkeeper. The goal gave the Big Blue team confidence for the rest of the game, and the team began to enjoy more possession. At halftime, the score was one-nil.

In the second half, the Big Blue team displayed great teamwork as all team members were able to partake in a great team win. The Big Blue team got its second goal via Marc Nelson '25, who finished a beautiful ball played by Spencer Salhanick '24, who broke from his back line to deliver a perfect pass between the visitors. A great team win for the home side who looks forward to hosting the always-talented Northfield Mount Hermon squad this coming Saturday. See you there!

OCTOBER 21, 2023

Soccer BV vs N.M.H.

NA 0-0

RAIN ON FAMILY WEEKEND

The game between Andover and NMH in Andover, MA, ended in a scoreless tie at halftime after the officials deemed the playing conditions unsafe due to persistent heavy rain, which caused several slips and falls. Unfortunately, the game will not be rescheduled.

OCTOBER 28, 2023

Soccer BV at Deerfield

W 4-2

BIG BLUE VS. BIG GREEN

The Big Blue traveled to Deerfield, MA to take on the Big Green. The Big Blue got a great start, taking a commanding three-nil lead before the half. The first goal of the day came from a combination play between Kai Myles '27 and Ellis Denby '24. Kai collected the ball outside the 18-yard box, turned, and lobbed a beautiful pass to Ellis Denby, who made a run past the defender and finished the play with a stunning volley to make it one-nil. Ellis was also involved in the second goal when he played in Zane Matraji '24, who turned his defender inside the 18-yard box to drill a shot to the opposite top corner. Denby collected the ball after a scramble inside the 18 and added his second goal of the day to take the Big Blue to a comfortable lead at halftime.

In the second half, Big Blue started flat, and the home team took advantage of their lack of composure to put two beautiful goals in the back of the net, reducing the lead to just one. The game became hectic as the home team kept pressuring the Big Blue. Fortunately, Ellis Denby was on his game and added his third goal of the day on a solo effort, taking a shot from outside of the 18 to beat the home keeper, making the final score 4-2. The Big Blue learned a valuable lesson on the day that they needed to play for the full 90 minutes, not just the first half. Thanks to all those who came out to support them. Onward and upward!

NOVEMBER 1, 2023

Soccer BV vs Worcester

0-2

TOUGH BATTLE VS WORCESTER ACADEMY

Andover, Mass - The Andover soccer team hosted the defending champions, the Worcester Academy Rams, in a closely contested match. Andover came out strong in the first half with a clear game plan. For the majority of the game, the home team enjoyed ball possession but struggled to generate offense due to the impressive discipline of the Worcester defense. The Rams scored their first goal after a scramble left the ball just outside the 18-yard box, allowing a visiting player to hit a low shot that goalkeeper Jack Alexander could not get to due to the muddy field conditions.

Going into the second half, Andover was determined to even the score, but the visitors remained resolute defensively throughout the game. Andover's Ollie Buckhoff came close to tying the game, but his shot hit the crossbar. Despite Andover's relentless push for an equalizer, Worcester countered and scored a second goal, securing their victory at 2-0.

Overall, it was a great effort by the Big Blue, but it was not enough against the defending champions.

Andover looks forward to bouncing back against KUA on the road and we hope to have your support. Let's move forward with determination.

NOVEMBER 4, 2023

Soccer BV at K.U.A.

W 4-0

SOLID WIN VS WILDCATS

Meriden, NH - The Big Blue visit traveled to play against the strong KUA team. Although the Wildcats started the game with great energy, Jack Alexander '25, Garrett Holman '24, had different plans on the day. Jack made great saves in goal, and Garrett led his back four line beautifully to shut down the home side's offense.

On the offensive side, Ellis Denby started things off by sending a beautiful through ball to Kai Myles, who calmly collected the pass and put it past two defenders and the goalkeeper. Zane Matraji scored the second goal of the game after following a cross that was deflected and left bouncing outside of the 18-yard box. Running towards the bouncing ball, Matraji took his chance and hit a low rocket of a shot that the goalkeeper could not reach, making the score 2-0.

Kai Myles added his second goal of the day after receiving yet another through-ball from Ellis Denby, who was a nightmare for the Wildcats. Myles calmly collected the ball, headed home, and beat the keeper to the near post. Zane Matraji made it 4-0 after receiving a beautiful ball from Marc Nelson, who has been playing superb soccer these last two weeks.

Spencer Madge gave a great effort upon entering the game, and Ryan Lam and Elijah Robinson also put forth a solid effort on the day. Overall, it was an excellent performance by the Big Blue team. Next game is another road game against the Seawolves from Tabor Academy. Forward, they go.

NOVEMBER 8, 2023

Soccer BV at Tabor

W 4-0

SOLID BATTLE AT TABOR

The Big Blue traveled to a Marion, MA to face the Sea Wolves of Tabor Academy on Wednesday evening. From the start, the Big Blue knew they had work to do in breaking down an extremely organized low block from Tabor - their 4-5-1 caused Andover issues throughout the first half.

Andover remained patient, though, switching the ball through Oliver Buckhoff (2024) and Alex Torrens (2024) in the holding mid positions, keeping Tabor shifting and trying to find gaps where they could.

Andover broke the deadlock after about 12 minutes, playing the ball out to Spencer Madge (2024), who played left back on the day - Madge threaded a great ball through Tabor's backline to find an oncoming Kai Mayles (2027), who buried the ball in the back of the net, relieving some of the building pressure on Andover to find a solution for Tabor's coordinated and well-coached shape.

After the opening of the scoring, Tabor continued to make their case for a dangerous counter to catch the Big Blue against the run of the play. Garrett Holman (2024), Julian Graveraux (2024), Sebastian Mejia-Rivera (2025), and Madge kept their shape across the back, driving when they could to commit Tabor's numbers and open up pockets of space for Ellis Denby (2024) and Zane Matraji (2024) to fill in. Marc Nelson (2025) and Paul Gichana (2025) threatened runs in behind throughout the half from the wing, but Tabor held strong. While he did not have too busy of a night between the pipes, Jack Alexander (2025) did well to organize Andover's shape in front of him.

In the second half, Andover knew they needed to adjust to attempt to solve the home side's block, and so the Big Blue started to stretch their wingers wider to try and get in behind Tabor's edges. Cam Willems (2024) was a great threat in this respect, and, after some more direct play from the Big Blue to open up the game, Ellis Denby was able to find just enough daylight to put away Andover's second goal on the day. Denby rocketed another shot in the Tabor box not long after Andover's second, which, through a deflection off the keeper, Willems tapped to put Andover up 3-0. Late into the 2nd half, Matraji smacked home Andover's fourth from short range, the ball almost bursting out of the top of the net past Tabor's keeper.

Andover showed well on a cold night in Marion, compliments of good minutes from their full roster. Ryan Lam (2024) had a great run on the right wing, taking down balls over the top with the silkiest of touches. Louis-Thomas Vincent (2025) and Alvin Liu (2024) kept the center of midfield locked down, and Everett Woo (2025) and Alex Lee (2025) contributed some good offensive energy heading forward. Spencer Salhanick (2024), Peter Elliot (2024), and Keegan Markgraf (2025) did their duties at outside backs, offering solid defensive shape and balls out of the back to initiate Andover's attack. Elijah Robinson (2025) stepped nicely into the role of the 9 in the final stages of the game, and Jonathan Bu (2026) came on to finalize the victory for the Big Blue.

Andover finishes their regular season campaign at Exeter this Saturday. We look forward to seeing you there!

NOVEMBER 15, 2023

NEPSAC Class A Quarterfinals at #4 Milton Academy - NEPSAC Class A Quarterfinals

T 0-0 Loss in PKs

ANDOVER SEASON COMES TO AN END VIA PK'S VS MUSTANGS

BVS traveled to Milton Academy on a chilly autumn day to play against the Mustangs. Despite best efforts, neither team was able to score a goal throughout the match. After an impressive defensive display from both sides, the game had to be decided by penalty kicks. Unfortunately, luck was not on Andover's side, and the home team emerged victorious, bringing the 2023 BVS soccer season to an end.

We want to express our gratitude to our captains, Zane Matraji, Garrett Holman, Ellis Denby, and Alex Torrens, for their outstanding leadership both on and off the field. We do not doubt that their soccer careers are just beginning, and we look forward to watching them play at the collegiate level. To all our outstanding seniors, we wish you the best of luck in your future endeavors. Always remember that Smoyer will forever be a second home for you.

We also want to extend our heartfelt thanks to the parents for their incredible support throughout the season. This group of parents was truly unforgettable.

Finally, we believe that BVS will continue to grow and flourish, and this group of seniors has laid the foundation for future seasons.

Boys Soccer In The News

Andover Boys Soccer Off to a Hot Start, Beating Roxbury Latin 4-0



Despite an early end to the scrimmage due to rainy weather on Saturday, Andover Boys Soccer started the season with success, beating Roxbury Latin 4-0. With its new team, Andover worked to not only adapt to each other's play styles, but also navigate the initial phases of the season, aspiring to enhance their team chemistry for the long season ahead.

According to Kai Myles '27, building team chemistry will be a crucial component to the team's success throughout the season. Despite it being the early season, he described how each of the players have already built a strong connection with one another. Myles also added that he felt that the team had many strengths, especially in transitioning from the back of the field.

"We were passing the ball well. We looked like a team that has been playing for three years plus and has practiced for months and months every day, I think that that was one of our strengths. Especially building out of the back, keeping the ball, when to go forwards and when to go backwards, when to just hold on to the ball and wait for the right moment. I think that we took our chances well," said Myles.

Myles reflected on being the only Junior on the current team. Gaining valuable insights from his more experienced teammates, Myles hopes to not only learn more about soccer at Andover from his teammates, but also other facets of boarding school life.

"This is not just the coach putting me in the team because they need a [Junior] on the team just to show that there are opportunities for Freshmen. I can play to the standard of an Upper or a Senior. However, I also need to learn a lot, these guys know a lot more about soccer at Andover. About soccer in NEPSAC [New England Preparatory School Athletic Council] and soccer and classes. I really need to learn from these guys because they have that kind of experience," Myles said.

Spencer Madge '25 talked about the significance of the team's improved passing and positioning, which it worked on during the offseason and in practice. He believes that maintaining shape and movement off the ball will be important to the team's ability to carry the ball up the field, consequently creating more opportunities on goal.



Madge said, "We have been working hard to improve on many aspects of our game. One main thing we have worked to improve on is in passing and keeping shape and getting in behind. Some specifics are playing the ball to the winger or striker and then they play it back to an outside back or center attacking midfielder."

Goalkeeper Jack Alexander '25 described the hopes for the season. With possibly the strongest team in a while, Alexander believes that this year is the year the team will aim to win the New England Preparatory School Athletic Council (NEPSAC) championship.

"Winning NEPSAC has to be first and foremost. We have an extremely strong team, and we don't want to settle for any less. Though being a bit selfish, I would like to concede less than twelve goals this season. It's an extremely brutal number to ask of myself but conceding fourteen last season I feel confident that if I fill my role, I can do it." Alexander said.

With these high hopes, Andover is looking forward to competing against many strong teams in the NEPSAC league. While there are many competitive schools, like Choate and Milton, Alexander has his sights set on Exeter, which Andover fell 1-0 to in the final game of the 2022 season.

Alexander said, “[I’m looking forward to Phillips] Exeter [Academy]. Who else could it be? I know our entire team is eager to take it to them this year as we all were disappointed in our performance the previous year.”

Andover Boys Soccer will open its official season against Belmont Hill on Monday and host Milton on Wednesday.

David Siahaan

Sep 14, 2023

Boys Soccer Faces Triumph and Trial against Belmont Hill and Milton



This past Monday, Andover Boys Varsity Soccer won 7-1 against Belmont Hill, but fell short against Milton on Wednesday with a final score of 1-2. The team’s current record is 1-1.

Andover came out strong against Belmont Hill, according to Kai Myles ’27, who had one goal and one assist. The team was able to maintain its lead from the first minute to the 90th.

“It didn’t take us very long to get our first goal, [around] five to ten minutes [into the game]. We were in control from the start basically to the end. As the first half went on we just kept getting better and better,” said Myles.

Co-Captain Alex Torrens ’24 shared that the team implemented new tactics into its game preparations, such as videos and tactical sessions for pressing. Torrens highlighted the team’s ability to use its defense as a foundation and build from there, finding success in the midfield.

“One big thing we worked on is our pressing structure. So we’re trying something a bit different than last year, so we did a lot of videos and tactical sessions to work on our press. I think also something in the midfield, something that we did in this game was rotations. There was a lot of interchange, rotations, and combinations within the middle. We also did a good job building out the back,” said Torrens.

Myles highlighted the team’s strong communication and ability to identify areas of improvement. He also mentioned how the team takes on tasks to accomplish together.

Myles said, “I feel like we’re very mature players. We’re a very mature team. I don’t think anybody is not understanding their job at hand. I think everybody’s on the same page, so I think once we set the objective that ‘Hey, we need to do this better,’ we will do it as a team.”

In addition to continuing to work together, Myles also commented on the supportive and cohesive community of the soccer team, from both the players and the coaches.

Myles said, “Starting isn’t normal for Freshmen. [It’s] something I never experienced before, a full-on first-year against 18 and 19-year-olds, even PGs... There was a point where Ellis [Denby ’24], Torrens, Zane [Matraji ’24], all the players on the field, even the players on the bench, were just telling me to lift my head up because they know that I can play. That really helped and that made me feel very welcome.”

After seeing the team’s performance against Milton, Torrens shared his high hopes for the success of the team this season. He mentioned how crucial it will be to continue to take control of the games.



“We want to continue pressing, continue dominating the games and imposing their style... I think we can compete with anyone in this league,” said Torrens. Myles also highlighted the team’s impressive start to the season. He noted how the powerful start is promising for the team’s end goal of winning the New England Preparatory School Athletic Council (NEPSAC) Championship.

Myles said, “I think it’s a good start for our team, especially with aspirations to make playoffs this year and actually win the NEPSAC, which I think we can.”

In Wednesday’s game against Milton, Boys Soccer lost 1-2 by a penalty kick in the last nine minutes of the game. Liam Rorke PG ’24 emphasized how evenly matched the team’s were, leading to a close game.

Rorke said, “Both teams had a lot of chances, [the] first half was much tighter than the second half. [It] opened up [in the second half] and it’s just unfortunate that we couldn’t get the win at the end of the day. But both teams played really hard and had tons of chances [to win], we’ll just grow from there.”

Rorke noted that the speed in the second half assisted the game and score, but also partially led to Milton’s penalty kick. He shared that the team will take what it learned from this game and use it in future ones.

“[The second half] became a lot more fast-paced. So that definitely helped the game and helped the score, but it was also one of the reasons why we ended up receiving the penalty and losing, so we’ll learn from it and move on,” said Rorke.

Boys Soccer will host Loomis Chaffee this Friday under the lights and compete this Sunday at the annual NXT LVL Showcase in Albany, N.Y.

Tasha Bohorad

Sep 21, 2023

Back-to-Back League Wins for Boys Soccer



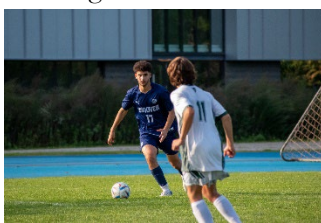
Andover Boys Soccer displayed offensive prowess this week, shutting out Loomis Chaffee (Loomis) 2-0 on September 22 and dominating Austin Preparatory School (Austin Prep) 9-2 on Wednesday. However, the team also fell 3-1 to Suffield Academy at the NXT LVL invitational on Sunday.

In its game against Loomis, Andover applied pressure and scored two early goals in the first half, taking a significant lead. Sebastian Mejia-Rivera ’25 spoke on

Andover’s electric offense.

“Our strategy was to go out for the first 15 to 20 minutes and just basically press them heavily because we knew that they’re a very young team, so our best bet was going to be to beat them physically...[in the] first 25 to 30 minutes we score[d] two goals and our strategy was working, but then they kind of caught up to what we were doing,” said Mejia-Rivera.

Andover’s fast start against Loomis led both teams to a battle of fitness until the final whistle. According to Jack Alexander ’25, the team is currently undergoing various challenges, like injuries and weariness due to several games a week.



Alexander said, “Everyone’s a bit tired right now and exhausted. Four games last week was brutal. But I don’t think there’s any real weakness apart from just [that] we’ve had a lot of games and we’ve had a few injuries. Tristan [Marnoto ’24], our other goalie is out right now with a minor concussion. I’m the only goalie right now. So, theoretically if something [were to happen] to me, then we don’t have a goalie, which is a bit intimidating.”

Despite these various setbacks, Andover dominated in its matchup against Austin Prep. Coming out of the win, Co-Captain Garrett Holman ’24 spoke about the improvements and adjustments the team had made since Friday’s game against Loomis.



“There’s certain kinds of games that will have a very loud student section and we have a lot of young players that might not like that type of crowd. But that’s about it. We [also] need to improve on some finishing, I mean we did score nine goals today but that’s just [something we can always improve on],” said Holman.

According to Holman, the team has been preparing for its big upcoming game against Taft. While the team will be following its 9-2 victory, Holman notes that Andover must anticipate the strength of Taft’s team.

Holman said, “We play Taft on the road on Saturday, and obviously it’s going to be [a different game]. Taft is a lot better than Austin Prep and they have some talent.”

Andover Boys Soccer will travel to Taft on Saturday and host Bridgton Academy on Wednesday.

Michael Williamson

Sep 28, 2023

Boys Soccer Remains Resilient in Successive Games



Andover Boys Soccer demonstrated grit and determination this week after facing off the undefeated Taft School (Taft) and the post-graduate team Bridgton Academy (Bridgton). The matches ended in a 1-1 tie on Saturday and a 2-0 triumph on Wednesday, respectively. Its record now stands at 4 -1-1.

Playing away at Taft proved to be a challenge for Boys Soccer, according to Julian Gravereaux ’24. Gravereaux commented on the game’s intense atmosphere and Taft’s passionate student section, but despite that, the team remained alert.

“It was an intense game throughout. Taft had a loud and rowdy student section, which contributed to the tense atmosphere. In the second half, we got tired and made some mistakes. Some players got yellow cards, but defensively and mentally we were strong,” said Gravereaux.

Andover kept a strong defensive line throughout the game. Even when Taft scored a goal, Andover was able to bounce back. Goalkeeper Jack Alexander ’25 applauded the team’s tactical strategy.

“Our defense was solid throughout the game. Taft’s goal came from a corner, and we recognize set pieces as an area to improve. Overall, the team did their job well, making things easier for me. When Taft did break through, my focus was simply on keeping the ball out,” said Alexander.

Co-Captain Ellis Denby ’24 emphasized the need for mental focus and composure during highly anticipated games. Although the game ended in a draw, Denby credited the players for controlling the flow of the game. Denby said, “We all kept our cool and our heads level. We came away with a point, so it is not a bad result, although we would’ve liked to have scored a winner. I am really proud of the focus and mental toughness of everyone on our team. We kept possession the whole game and didn’t give the other team too much space or respect when they were on the ball.”

Co-Captain Alex Torrens ’24 pinpointed areas of improvement for the team based on the Taft game, such as penetrating the mid-block earlier on in the game.

“Something we need to work on is our ability to break down mid-blocks. Taft, for large parts of the game, sat in a mid-block, and sometimes we had difficulties finding how to break it down in the first half,” said Torrens.

Wednesday’s game against Bridgton Academy brought its own set of challenges, with goalkeeper Alexander receiving a red card on a breakaway and second-string goalkeeper Tristan Marnoto ’24 sidelined due to an

injury. The team adapted by subbing in Camden Willems PG'24, a field player, as goalkeeper. Liam Rorke PG'24 emphasized the team's resilience and cohesiveness, maintaining its 2-0 lead until the final whistle. "It was an interesting game. I think obviously going down, having our goalie get a red card really early was pretty tough for us, but we responded really well... So we were able to win and played [the] game really well, [the team] stayed together the whole game," said Rorke.

With the playoffs coming up, Gravereaux shared that the team is focusing on winning when it can and adapting to the more difficult matches.

Gravereaux said, "Making the playoffs is tough. There's little room for error. We had some tough results against Milton and Taft, so we have to focus on winning the games we can and trying to get something from the tougher matches."

Andover Boys Soccer will play Choate Rosemary Hall at home this Saturday and Pingree School away on Wednesday.

Jill Reichenbach

Oct 5, 2023

Boys Soccer Continues to Dominate, Unbeaten in Last Six Games



10/7 – Andover: 3 Choate: 0

10/11 – Andover: 12 Pingree: 1

Following a 3-0 win over Choate on Saturday, Andover Boys Soccer poured in the goals on Wednesday against Pingree, winning 12-1. In the game against Pingree, Andover earned an extreme lead early on, and the entire team had the opportunity to play.

On Wednesday, despite the quiet fan environment, Andover maintained a high spirit. Spence Madge '25 noted spirit to be one of the aspects of the game that is often overlooked but is so important to practice no matter the situation.

Madge said, "[The game] was pretty quiet, but one thing we were talking about a lot was that the energy comes from us. I think the bench and also the players on the field, all the energy came from them and just [trying] to create the energy and attain it."

According to Paul Gichana '25, Andover worked to improve its defense and adapt to the other team's attack following its game against Choate. Adapting to the strategy of the opposition allowed Andover's defense to predict the movement of the other team, while making runs to receive the ball up the field.

Gichana said, "We worked on our movements off the ball, specifically our front three. Our movements will depend kind of on what the other team will do. And especially with their defense making runs for them so that they can find themselves in our attack. ... So just working with our defensive shape as well."

The score of Andover's game against Pingree demonstrated a disparity in talent between the two sides. Liam Rorke PG'24 commented on how the whole team got an opportunity to showcase its skills.



"In a game where there is a difference in talent, sometimes it could be hard to keep the level high, but we just kept going and kept playing and having a good time and that resulted in a lot of goals. ... We're all supporting when [everyone] scored and congratulated everyone. A lot of players got to play, so it was good," said Rorke.

Before the halftime whistle had blown, Andover had already secured five goals, and the team was neither intimidated by Pingree nor anxious about the outcome of the game. Rorke described Pingree's goal as a slight slip up by Andover, but the team quickly regained its composure and responded with another seven goals.

“We’d already had five by [halftime]. [We] kind of just lost focus for a second, but then we just got back to what we were doing and kept playing well and supporting each other. So it was good,” said Rourke.

Alex Lee ’25 highlighted Andover’s composure in the final third of the game, noting significant improvement since the team’s first games. According to Lee, if the team can continue to maintain pressure on opposing sides, its confidence for future games will increase.

Lee said, “The game was good. Something that was better this week, [compared to] past weeks, is that we finished our chances, which is something we’ve been working on in practice. So it was good to see that result on the field today.”

According to Lee, the team looks to hone in what it can control for future games.

“In general, we need to keep a positive atmosphere and go take each game one at a time and just focus on our plan, not the other team. Because in the past we’ve looked at the name on the shirt and that’s kind of impacted how we play. We go into the game with an expectation of the other team’s quality, so we just have to focus on our own play,” said Lee.

Editor’s Note: Alex Lee ’25 is an Associate Photo Editor for The Phillipian.

Sophia Cratty
Oct 12, 2023

Co-Captain Ellis Denby ’24 Hopes to Lead Boys Soccer to the Playoffs



Second-year Co-Captain Ellis Denby ’24 is one of Andover Boys Soccer’s most critical players, serving as both a vocal leader and dominant midfielder. Playing soccer since the age five, Denby has become a leading goal-scorer at Andover and is flexible in his positions.

As a Co-Captain, Denby often sets the tone in practice. Goalkeeper Jack Alexander ’25 described how Denby has the ability to go from a friendly conversation to being locked-in on the game in no time.

“Denby can switch on and off from serious mode to not. It’s really apparent during warm-ups when we’re only messing around and having fun and then switch to doing drills. Denby immediately sets the tone and will be on you if you’re not playing at the level he knows you can or should be,” said Alexander.

In addition, Denby frequently provides support for individual members of the team. Striker Kai Myles ’27, the youngest member of the team, appreciated the support and guidance he received from Denby, helping him transition into a new school environment.

“Ellis has always assured me that I am a good player. He has assured me that some things will go wrong because of what happens in life and in soccer, but no matter what he tells me to keep my head up and keep going as we need all of us in this team to win,” said Myles.

According to Denby, his improvement in keeping a cool head is one of his proudest feats. He continues to work on this aspect with the team as well, hoping to instill resilience and confidence in his teammates.

“One thing I’ve improved on is dealing with frustration. In recent years, I have let frustration affect my playing a lot, and it is something that I’ve been working on. I think mental toughness is really important and I believe I have become more resilient and not let setbacks in the game determine the outcome. As a team, I think that we have all gotten better at this,” said Denby.

On the pitch, Denby is a wizard with the ball. Spencer Madge ’25 emphasized Denby’s ability to keep possession while dribbling. His high level of play on the field combined with his hard work serves as a testament to his dedication to the sport and his team.

“He has improved his ability to shield the ball and strength to hold opponents off the ball a lot since I met him my [Junior] year. His leadership skills have also grown a lot over the years, he has realized and grown into his responsibilities for the team and has only benefited the team more each year,” said Madge.

Additionally, Denby excels at putting the ball in the back of the net. In this season’s game against Choate, Denby was able to score two goals. Myles commented on Denby’s highlights.

“The best goal from Ellis was probably the goal from the Choate game. He hit one off a volley, and the connection and the sound were simply sweet. If you were there to see it and witness it, it was simply an amazing volley from outside the box,” said Myles.

On the defensive end, Denby has shown an ability to step up when called upon. Last season, with key defenders out, Denby stepped up for Andover.

“For a few games, Denby had to drop to center back because one of our center backs was injured. He played calm in this new position that demanded highly. I immediately gained tons of respect for him, as being a goalie someone that can fill that role without a hitch creates a sense of safety among the back line,” said Alexander.

This season, Denby hopes to utilize his improved scoring to help lead Andover to the playoffs. With a few new additions to a familiar roster, Denby is looking forward to seeing the team’s full potential.

Denby said, “My goals for this team this year are to make the playoffs and go far into the playoffs. Last season we felt a bit snubbed and didn’t make it into the playoffs. This year we have a lot of Seniors and a lot of experience, and we have also filled some holes that we had last year. I have really high hopes for the season, and I think we can go really far. Individually, I would really like to score more than I have in recent years. Last year, I only had about five goals, and I felt I could’ve scored more. This year, I already have ten and I am hoping to continue to be a prolific goal scorer and help the team in that way.”

Henry He
Oct 12, 2023

Boys Soccer Finishes Week with Two Wins and a Hard-Fought Tie



Friday 10/13 – Andover: 6, St. Paul’s: 0

Monday 10/16 – Andover: 3, St. Sebastian’s: 3

Wednesday 10/18 – Andover: 2, High Mowing: 1

After a clean sweep against St. Paul’s on Friday, Andover Boys Soccer came back from a 3-1 deficit at halftime against a strong St. Sebastian’s (St. Seb’s) squad to earn a tie on Monday. Later in the week, on Wednesday, Andover

had a mid-season scrimmage against High Mowing in which it pulled up many JV1 players.

According to Spencer Salhanick ’24, the team had a quick start in its victory against St. Paul’s and never let up. Its ball movement proved to be a prominent strength, showcasing the synergy the team continues to nurture.

“We scored a banger right off the bat and the momentum kept us going, goals kept flooding in. Our defense performed well... They had no real attacking presence, [our goalie] Jack [Alexander ’25] didn’t have to do much. I think we transitioned the ball from our defense to offense well and found our targets. We played through balls well and I think that was our key to success,” said Salhanick.

Paul Gichana ’25 emphasized the team’s need to seize every goal-scoring opportunity. Given the lack of shots on target in Monday’s game, it became crucial for the team to make the most of each chance it had, something Gichana did not believe the team accomplished.

Gichana said, “From my perspective, being clinical in the final third is something we can improve on because in a very tight game, you can only get so many chances, maybe two or three the entire 90 minutes. I think we could have scored a lot more goals.”



Monday’s game against St. Seb’s exemplified Andover’s grit, perseverance, and ability to adapt to poor weather conditions. According to Co-Captain Alex Torrens ’24, the rain proved to be a challenge for Andover.

Torrens said, “Obviously with the rain and [it being] on turf, it made it a lot harder to play through the middle and play those precise passes because the ball is

bouncing...all over the place. It [is] so much harder to take touches and dribble in that compact space... [We] had to adapt and look to play more direct, trying to skip our middle line and look for the forwards in behind and trying to win that second ball to advance, so I think we had to change our play style a bit today, but that’s part of being a good team, being able to adapt.

Salhanick mentioned that the team was disappointed at the result of the match, but focused on the fact that it was still able to salvage a tie due to its determination in the second half.

“For our team morale, it was demoralizing. We were down 3-1 at half. After scoring one, they scored three... But then we kind of came back together and performed. We worked so hard in the second half and scored two goals and performed very well, and outperformed them tremendously. So I think for our team, the first half was a blow for sure, but the fact that we were able to come back in the second half and respond very well was actually a good thing even though we wound up with a tie,” said Salhanick.

Torrens believed that Head Coach Edwin Escobar played a pivotal role in sparking the team’s comeback. His half-time speech inspired and instilled confidence within the team.



“He gave us an emotional speech, he told [us] that this isn’t over, that we have to go out there and defend our turf, that we need to play at the level we have been playing all season and that we are capable of... You could tell from the huddle that everyone believed that we could make a comeback and I think that was a massive part in why we actually did come back,” said Torrens.

In Wednesday’s mid-season scrimmage against High Mowing, Andover pulled up several JV1 players who played their part in the game. Kai Myles ’27 noted how games scheduled close together have taken its toll on the team.

In an email to *The Phillipian*, Myles wrote, “Today the team played very well especially considering we played a game on Monday and were given barely any time to recover due to how close the games were. We did well to deny High Mowing any open chances and we made sure we took our chances too. Even some of the players that came in from our bench and some JV1 players put in a shift to help us pull [through] today.”

Looking ahead to the match against Northfield Mount Hermon (NMH), Andover viewed High Mowing’s scrimmage as preparation for playing against similarly sized and aggressive players on Saturday.

Myles wrote, “I think the game today helped up really gave us kinda a ‘practice’ for [NMH]. With a team like High Mowing who should be just as physical and just as big as NMH players, it was a good way for us to practice and I think we dealt with this team very well which gives us high hopes for the important game against NMH.”

Andover Boys Soccer will play NMH at home on Saturday.

Aaron Huang

Oct 20, 2023

Boys Soccer Left Disappointed After Game Canceled at Halftime Against NMH

10/21 — Andover: 0, NMH: 0



Andover Boys Soccer (8-1-2) walked onto the pitch ready to face Northfield Mount Hermon (NMH) this past Saturday, but due to weather complications, the game was called off at halftime. Despite the harsh conditions, Andover produced a competitive 45 minutes during Family Weekend, finishing at 0-0.

Spencer Salhanick '24 highlighted the mentality of the players before the start of the game. The team's goal was to leave everything out on the field for the parents and relatives who had come to watch them play.

"[The Coaches] didn't come into the locker room and the four Captains... delivered a speech talking about how we're playing for our families who have traveled so far to be there, to watch us, and who have done so much for us in our lives," said Salhanick.

NMH and Andover are currently competing for the top spot in their division. Kai Myles '27 highlighted that the game was very intense and it was clear that both teams knew what was at stake.

"It was such a rough game and it was one of those games where it's... head-to-head, shoulder-to-shoulder, [and] nobody's an underdog... That was just one of those classic games that you can tell both teams were fighting for that number one spot," said Myles.

Salhanick credits the team's positive atmosphere to the Co-Captains this year: Alex Torrens '24, Zane Matraji '24, Garrett Holman '24, and Ellis Denby '24, and the many other upperclassmen who have fostered strong team morale.

"The [Co-Captains] this year have really stepped up and [encouraged] everyone. Some of the other leaders on the team... have had a big role in connecting each side of the team," said Salhanick.

Myles felt very disappointed after the game's cancellation. Myles said that the team has been working towards the game against NMH for a long time, and the players felt unsatisfied that they were not able to display their hard work.

Myles said, "All of us were distraught after the game that we didn't really get to play against NMH, just because all of us are really excited to play [them] and win. We were aiming for that win to go [to the] top of the whole table. It would have been a really good match."

Goalie Jack Alexander '25 highlighted Sebastian Mejia-Rivera '25 for his quick reflexes and determination to withstand the harsh conditions that impacted the game.

Alexander said, "He played extremely solid on our right flank for the entirety of the game. As the conditions made it really hard for either team to build out and combine, he did a great job shutting down their attack down that side. There was one tackle he made in which he tackled their player which I think set the tone for us for the rest of the half. Everyone knew the game would be ugly, but he really adapted to it faster than anyone else."

Andover will travel to Deerfield Academy on Saturday.

Evan Curtin

Oct 27, 2023

Andover Boys Soccer Salvages Lead Against Deerfield, Takes Second Loss of Season to Worcester



10/28 – Andover: 4, Deerfield Academy: 2

11/1 – Andover: 0, Worcester Academy: 2

On Saturday, Andover Boys Soccer (8-2-2) traveled to Deerfield and were up 3-0 at halftime. The team went into the second half and were met with two goals from a vengeful Deerfield team. Shortly after, Co-Captain Ellis Denby '24 scored his third goal of the day, silencing Deerfield's efforts to surge ahead of Andover. On Wednesday, Boys Soccer took on Worcester Academy (Worcester) at home, resulting in its second loss of the season. According to Kai Myles '27, Andover's Co-Captains led the way in all different parts of the field against Deerfield.

In an email to *The Phillipian*, Myles wrote, "Denby scored a hat trick and won us the game with his goals. [Co-Captain] Zane Matraji ['24] used his creativeness to create many chances for us yesterday. [Co-Captain] Garret Holman ['24] commanded the back line as per usual making it hard for teams to get by, and [Co-Captain] Alex Torrens ['24] made sure that it wasn't easy for midfielders to get by applying constant pressure."

Myles continued by sharing how the atmosphere of the team shifted after Deerfield scored two goals in a row. The goals motivated the team through the game to secure the win.

Myles wrote, "I think at the beginning of the game there was barely an atmosphere due to our dominance in the first half being up by 3 goals to 0. But we came into the second half a bit shut down and Deerfield came back and scored two. It was extremely tense at that point in time as we did not want to lose [nor] draw that game. Obviously we secured it with a last minute goal from Ellis [Denby], which killed their hopes, but we shouldn't have made it that close for sure."



Co-Captain Alex Torrens '24 noted that in the game against Worcester, regardless of the result, the defense stood its ground. Although there were some unlucky circumstances that led to goals, Andover's backline was its strong point.

"We did [a] pretty good job defensively throughout the game. One goal was just a mistake in the middle that then somehow found its way in the net. But we kept up defensively pretty well. Their second goal just came towards the end when we tried pushing up and putting more players forward. It left us a bit exposed, but I [wouldn't] really hold that against them," said Torrens.

In preparation for the game, Torrens described the process of thoroughly analyzing the opposing team's tactics through film. The team identified weaknesses and practiced according to those observations in preparation for Wednesday's game.

"[Head Coach Edwin Escobar] showed us some film of the opponents and we identified that in the press they left the opposing side open so we tried working on quick switches to the other side as well. We knew they're big and physical so we also did some practice [with] one-on-one drills, trying to turn with a man on your back. I think in terms of the game, we didn't necessarily execute what we practiced too much. That's what Coach told us at halftime, at halftime he was saying how he didn't think everything we did was translating exactly. I think we did a much better job in the second half," said Torrens.

Andover Boys Soccer will play away against Kimball Union Academy (KUA) on Saturday.

Madeleine Shin

Elizabeth Wodarski

Nov 2, 2023

Boys Soccer Plays Most 'Complete' Game Against Kimball Union on its Senior Night Follows Up with Another 4-0 Win Against Tabor

11/4 – Andover: 4, KUA: 0

11/8 – Andover: 4, Tabor: 0

On Saturday, Andover Boys Soccer (11-2-2) defeated Kimball Union Academy on its Senior Night and played the most ‘complete’ game Head Coach Edwin Escobar had ever seen in his entire coaching career at Andover. Boys Soccer then won again against Tabor Academy, finishing with the same score as its game against KUA.

When using the word ‘complete’ in regards to Saturday’s game, Lam believed Escobar was pointing out how Andover possessed the ball well throughout the entire game and the team was strong in both its defensive and offensive efforts.

“Actually as we were finishing the game, we had a team huddle and the coach said this is the most complete game he’s ever seen in his whole career at Andover,” said Lam, “Any sport is composed of defense and offense and in this game I think we played especially well in both. For the full ninety minutes as well, we possessed the ball and we had a lot of intensity.”

Saturday was KUA’s Senior Night and Andover faced loud fans scrutinizing the team’s every move and a fan section almost entirely rooting for the opposing team.

“It was Kimball Union’s Senior Night and obviously they had a big crowd of parents that were cheering for them, and were really vocal when they made a good tackle play as well as when we messed up or something. So I would say that the energy was especially high for them, but we did a really good job of having our own energy to contest theirs and everyone pitched in,” said Lam.

Kai Myles ’27 reflected on what the team worked on in anticipation of Saturday’s game. In particular, Myles mentioned the formation change and how players tried out new positions against KUA.

Myles said, “We worked on a new formation, trying a bit of new tactics, switching up roles which we worked on for about a week. Just stuff like that, having our offense getting behind more, the ball playing midfielder [sending] complete balls and playing the ball easier and faster, [allowing us to] just go forward looking for that breakthrough. I think those tactics really helped us win this game and helped us get those results”

According to Lam, KUA had scouted Andover and its formation. In anticipation of this, the team changed its formation from previously having two center attacking midfielders and one center defending midfielder, to having two center defending midfielders and one center attacking midfielder.

“This game we tried something new in terms of our formation and a lot of new players played in new positions because we knew that the other team had a scouting report on us, so we wanted to come out there and surprise them. Even with the changes, our team adjusted really well, clearly, with a 4-0 win,” said Lam.

Myles looked ahead to the game against Tabor, which he believed Andover was well prepared for.

“Wednesday’s game I think it’s just about getting back fitness, resting. We’re all very excited and I would say that everything I think we needed to improve on we improved on already in the last week or two, or three. I do think we should focus on connecting the passes,” said Myles.

Liam Rorke PG’24 highlighted a goal scored by Myles with an assist from Spencer Madge ’25. Despite the four goals Andover was able to score against Tabor, the team found it difficult to find its way through Tabor’s defensive line.

Rorke said, “Tabor played a really defensive game and closed a lot of their gaps in the back, so we had to work really hard to try to penetrate through their line and find chances to finish. We had a really nice move in the first half where Madge found Kai for a goal and finished on the goalkeeper quite well and we scored. That really gave us momentum for a bit, but then they started shutting us down for a while until we gained more momentum in the second half and we were able to finish on the goalkeeper.”

Similarly to Myles’s feelings going into the Tabor game, Rourke feels confident going into Andover/Exeter weekend. Rourke emphasized the team’s high performance and believes it will continue on into Saturday.

“We’re on a high right now, we’ve been playing some really good stuff and we’ll just go in there and play it like any other game. It’s a big occasion but I think if we stick to our plan and keep on going how we are right now, we’ll be just fine, if not better,” Rorke said.

Boys Soccer will travel to Phillips Exeter Academy for its final regular season game on Saturday.

Sophia Cratty

Nov 9, 2023

Girls Varsity Soccer

Fall 2023

Coach: Elisa Joel

Assistant Coach: Chris Jones

Captains: Emily Mara & Jazaher B. Cormier

Managers: Amina Gorman, Samaira Hammond, Kierah Harris, & Mayumi Kawano, & Hillary Tufino

Overall Season Record

Wins	Losses	Ties
8	5	4

Letter Winners: Jacqueline C. Dill, Alejandra P. Alicea, Emily L. Decker, Virginia L. Marshall, Sarah Powers, Hannah F. Jordan, Keaghan M. Murphy, Wylie B. Roossien, Lola M. Aguirre, Hayden Fischer, Lauren E. Herlihy, Emily Mara, Murathimeningai N. Daisley, Kendall E. Toth, Lilliana E. Keim, Jazaher B. Cormier, Hannah M. Surrette, Ava B. Davey, Sophie N. Dandawa, & Jill B. Reichenbach

Award Winner:

DRAKE SOCCER AWARD – Kendall E. Toth

Girls Soccer

2023 Schedule and Results

Sun	09/10/2023	Soccer GV	Prep Showcase	A	9:00 AM				
Wed	09/13/2023	Soccer GV	Groton	H	3:30 PM	2-0	W		
Wed	09/20/2023	Soccer GV	Middlesex	A	3:30 PM	2-0	W		
Sat	09/23/2023	Soccer GV	Loomis	H	2:30 PM	3-6		L	
Wed	09/27/2023	Soccer GV	Worcester	A	3:30 PM	0-2		L	
Sat	09/30/2023	Soccer GV	Tabor	A	6:30 PM	2-1	W		
Mon	10/02/2023	Soccer GV	Pingree	H	5:30 PM	1-3		L	
Wed	10/04/2023	Soccer GV	Austin Prep	H	3:00 PM	4-1	W		
Sat	10/07/2023	Soccer GV	Choate	H	4:00 PM	2-4		L	
Wed	10/11/2023	Soccer GV	Brooks	A	3:00 PM	6-2	W		
Sat	10/14/2023	Soccer GV	St. Paul's	A	2:15 PM	4-1	W		
Wed	10/18/2023	Soccer GV	Governor's Academy	A	3:15 PM	2-2			T
Sat	10/21/2023	Soccer GV	N.M.H.	H	2:45 PM	3-0	W		
Wed	10/25/2023	Soccer GV	Thayer	H	4:00 PM	2-5		L	
Sat	10/28/2023	Soccer GV	Deerfield	A	4:00 PM	2-2			T
Wed	11/01/2023	Soccer GV	Noble & Greenough	H	3:30 PM	3-3			T
Fri	11/03/2023	Soccer GV	Lawrence Academy	H	6:00 PM	0-0			T
Sat	11/11/2023	Soccer GV	Exeter	A	2:00 PM	5-0	W		



Phillips Academy Girls Varsity Soccer 2023

<u>No</u>	<u>Name</u>	<u>Pos.</u>	<u>Yr</u>	<u>Hometown</u>
0	Jacqueline C. Dill	GK	2027	New Hope, PA
1	Alejandra P. Alicea	GK	2024	Andover, MA
2	Emily L. Decker	B	2026	Daniel Island, SC
3	Virginia L. Marshall	F	2025	Andover, MA
4	Sarah Powers	F	2026	Lynnfield, MA
5	Hannah F. Jordan	M/F	2024	Andover, MA
6	Keaghan M. Murphy	B	2027	Andover, MA
7	Wylie B. Roossien	F	2026	Nahant, MA
8	Lola M. Aguirre	B/M	2026	Barrington, RI
10	Hayden Fischer	M	2025	Chicago, IL
11	Lauren E. Herlihy	M	2025	Reading, MA
12	Emily Mara *	F	2025	Winchester, MA
13	Murathimeningai N. Daisley	F	2026	Westford, MA
14	Kendall E. Toth	B	2024	Salem, NH
16	Lilliana E. Keim	B	2025	Atlantic City, NJ
17	Jazaher B. Cormier *	F	2024	Fort Myers, FL
18	Hannah M. Surrence	M	2024	Woburn, MA
23	Ava B. Davey	B	2025	Andover, MA
24	Sophie N. Dandawa	F	2025	Derry, NH
30	Jill B. Reichenbach	GK	2024	Potomac, MD

*Captain

Coaches: Lisa Joel and Chris Jones

Managers: Amina Gorman, Samaira Hammond, Kierah Harris, & Mayumi Kawano, & Hillary Tufino



Girls Soccer 2023 Game Highlights

SEPTEMBER 10, 2023
Soccer GV at Prep Showcase

PREP SHOWCASE KICKS OFF GVS2023 SEASON

After the most unusual fall preseason across the region due to an excessive heat waves and then a stunning micro-burst in 01810, GVS found themselves on a full field for the first time at the annual Prep Showcase.

The 9 a.m. game matched GVS up with an ever-strong Class B competitor, Rivers School. Earning their first GVS minutes versus Rivers were newcomers Jill Reichenbach, Hannah Jordan, Hannah Surrette, and Keaghan Murphy as well as Ginny Marshall '25 and Murathime Daisley '26. GK Reichenbach '24 played a confident 40 minutes and earned the shutout and Player of the Match.

The noon game matched GVS up with 2022 Class B finalist Lawrence Academy. Andover got on the scoreboard first with a fantastic finish by sophomore Wylie Roossien who picked up the rebound from a great set play from center back Ava Davey '25. Wylie earned Player of the Match. Thank you to Rivers School for hosting this great showcase event and to the parents and friends of GVS who came to cheer us on. We cannot wait for the season ahead and open this coming Wednesday at home on newly renovated Graves Field versus Groton School.



SEPTEMBER 13, 2023

Soccer GV vs Groton

W 2-0

GVS KICKS OFF SEASON WITH WIN

The 2023 season kicked off on a strong 2-0 win on Smoyer Field.

Andover backs Ava Davey '25, Keaghan Murphy '27, Emily Decker '26, Kendall Toth '24 and Lily Keim '25 as well as new senior GK Jill Reichenbach did a great job securing the shutout.

Reichenbach had seven saves on the day.

The Big Blue created a number of early offense chances and a lot of pressure in the final third of play but didn't find the back of the net until the final ten minutes of play in the first half. Senior Hannah Jordan sent a perfect cross to senior captain Jazzy Cormier on the far post who put the team on the scoreboard. Minutes later, sophomore Wylie Roossien and junior Lily Keim combined for a spectacular finish by Keim from the top of the box.

Junior captain Emily Mara and sophomore midfield Lola Aguirre also had strong showings for the Blue.

Thank you to our parents, friends and teachers who came out in the rain to support us - and for the delicious treats at the end of the game. GVS was also excited to welcome back former GVS 4-year standout Katie Kreider '14 who is now the head coach of Groton Soccer. Coach Kreider is assisted by Coach Ryan Spring, also an Andover grad. Next up - Andover hits the road next Wednesday to play Middlesex School. We also look forward to the return next week of teammates Hayden Fischer and Sarah Powers who have been sidelined with injury.



SEPTEMBER 20, 2023
Soccer GV at Middlesex
W 2-0

GVS BRINGS HOME WIN ON THE ROAD AT MIDDLESEX SCHOOL

Happy to be playing under blue skies on a Wednesday afternoon, GVS traveled to Middlesex for their first away game of the season. While Andover kept the offensive pressure on, the team didn't find the back of the net until 17 minutes remaining in the first half. Captain Emily Mara '25 found Sarah Powers '26, who recently returned to the field after an early season injury, in front of the net. Powers always-gritty play in the six yard box pushed the Big Blue 1-0 headed into halftime.

The second half of play led to more exciting chances for the Blue including two off the post strikes. Captain Mara secured the 2-0 win with an unassisted goal in the final minutes of play.

Goalkeeper Jill Reichenbach '24 impressed and earned her second shutout of the season - with a notably spectacular diving save late in the second half to keep Middlesex at bay. Lily Keim '25 came off the bench to provide an important spark.

Sarah Powers was named Player of the Game. Thank you to the Powers family for providing snacks and to all our fans who supported us on the road. GVS returns to Smoyer Field on Saturday where they will face Class A power Loomis Chaffee.

SEPTEMBER 23, 2023
Soccer GV vs Loomis
L 3-6

GVS DROPS FIRST GAME OF THE SEASON TO CLASS A POWER LOOMIS

While GVS found their way to the scoreboard first mid-way through the first half after a strong opening 20 minutes, Loomis responded with four goals in the final twenty to keep the game out of reach.

Wylie Roossien '25 started it off for the Big Blue taking on a Loomis defender one v one, slotting the ball past a fantastic decoy run by Emily Mara and the ball put away by Hayden Fischer '25 - Fischer's first tally of the season! Mara closed the gap in the final minutes of the first half with a gutsy one v one play inside the box.

Andover took to the field in the second half focused on playing with composure and possession. Shout out to Sophie Dandawa '25 notched her first goal of the season late in the second half.

Player of the Game was captain Emily Mara '25. GVS prepares to hit the road in the week ahead against two top tier opponents in Worcester Academy and next Saturday at Tabor for "Under the Lights." match-up.

SEPTEMBER 27, 2023

Soccer GV at Worcester

L 0-2

GVS FALLS SHORT ON THE ROAD TO WORCESTER ACADEMY

GVS traveled to Worcester Academy on a warm and sunny Wednesday afternoon - a change to the weather we all have been seeing as of late. After settling into the game plan, GVS created some exciting opportunities but it would be Worcester who capitalized on theirs to keep the game out of reach.

GK Jill Reichenbach '24 had some notable saves while the entire defense: Lily Keim, Kendall Toth, Ava Davey, Keaghan Murphy and Emily Decker did a great job holding an explosive Worcester offense at bay for most of the game.

Player of the Game was 9th grader Keaghan Murphy. Thank you to the Surette family for our treats after the game and to all the parents and family members who made the trip - including our Sports Information Director David Fricke!

SEPTEMBER 30, 2023

Soccer GV at Tabor

W 2-1

GVS BRINGS HOME EXCITING 2-1 WIN ON THE ROAD AT TABOR

GVS traveled to Tabor Academy on Saturday night looking to extend the win-loss record of Andover-Tabor for the day - after varsity and JV field hockey and varsity and JV volleyball brought home Big Blue wins.

The team rose to the occasion of the Under the Lights match-up and played their best game to date. Midway through the first half, Soph Dandawa sent the perfect through-ball to captain Jazzy Cormier who gave the go-ahead goal to the Blue. The first half was a back-and-forth battle with the back line of Ava Davey, Kendall Toth, Lily Keim, Keaghan Murphy, Emily Decker and GK Jill Reichenbach continually turning back a quick Tabor frontline.

Up 1-0 as the second half began, Tabor tied up the game on a PK. GVS doubled down on pushing forward and with four minutes left to play, Wylie Roossien sent in a fantastic corner kick that captain Emily Mara put away for the win. Shout out to our midfielders who remained focus and fierce in the back and forth, high paced game: Hayden Fischer, Hannah Surette, Lola Aguirre, and Toth. Soph Dandawa's play off the bench in both the first and second half was tremendous and earned her Player of the Game.

Thanks to all the families who came to support - and for the delicious food at game's end! GVS extends its record to 3-2.

OCTOBER 2, 2023

Soccer GV vs Pingree

L 1-3

GVS FALLS TO 2022 CLASS B CHAMPS, PINGREE

GVS welcomed Pingree School to Phelps Stadium in front of an enthusiastic crowd on Monday night. Pingree struck first just minutes into the game on a corner kick to which Andover responded minutes later on a counter attack off a second Pingree corner - captain Jazzy Cormier finding her

fellow co-captain Emily Mara '25 on a one-v-one with the Pingree keeper. Knotted at 1-1, Pingree struck again on a free kick from 30 yards away mid-way through the first half. While GVS created a lot of offensive pressure heading into the first half and throughout the second half - including a blast off the post - they could not find the back of the net. An Andover own-goal kept the game out of reach. Sophomore back Emily Decker was named Player of the Game. The team looks forward to returning to Phelps Stadium on Wednesday to face Class A opponent Austin Prep.

OCTOBER 4, 2023

Soccer GV vs Austin Prep

W 4-1

TRUE TEAM EFFORT LEADS TO 4-1 WIN VERSUS AUSTIN PREP

GVS bounced back from a disappointing result on Monday for a strong, 4-1 win on Phelps Stadium versus Austin Prep stretching their record to 4-3. Captain Emily Mara '25 led the way with a hat trick and a first half assist to Wylie Roossien '26.

Andover stayed focused on maintaining possession and creating waves of attack putting much pressure on the AP defenders. Mura Daisley '26 and Ginny Marshall '25 inspired their teammates on the wings while midfielders Lola Aguirre, Lauren Herlihy, Hayden Fischer, Hannah Surette, and Wylie Roossien did a great job box to box.

A special shout out to 9th grade keeper Jackie Dill who earned her first GVS minutes in the final 15 minutes of play and making a strong save in the first 45 seconds on the field. GK Jill Reichenbach '24 left the game without conceding a goal and earned her third shutout of the season.

Emily Mara's offensive efforts earned Player of the Game.

OCTOBER 11, 2023

Soccer GV at Brooks

W 6-2

GVS WINS ON ROAD BEHIND FIVE UNANSWERED GOALS IN 2ND HALF

GVS traveled to Brooks School and came home with a 6-2 dub on the road extending their record to 5-4.

Midfielder Hayden Fischer put the Big Blue on the scoreboard first mid-way through the first half on a great run into the box and a smart ball by captain Emily Mara. Brooks responded 10 minutes later to bring the teams to the half knotted at 1-1.

Brooks jumped out to an early 2-1 lead in the first two minutes of play into the second half.

Andover responded with five unanswered goals in the final 35 minutes of play. Fischer knotted the game at the 35 minute mark. Player of the Game Emily Mara was involved in the final four goals at the 14 minute mark, 12 minute mark, 8 minute mark and finally, the 2 minute mark, scoring two goals and two assists. Wylie Roossien '26 rounded out the scoring with two goals.

Next up - Andover hits the road to St. Paul's on Saturday.



OCTOBER 14, 2023
Soccer GV at St. Paul's
W 4-1

GVS SHINES IN 4-1 WIN ON THE ROAD VERSUS ST. PAUL'S

The Big Blue played their best game to date with a decisive 4-1 win on the road versus St. Paul's School. Keaghan Murphy '27 set the tone early blasting a shot with an assist from Lily Keim '25 at the 29th minute of the first half. Five minutes later, Wylie Roossien '26 sent a perfect through ball to captain Emily Mara '25 who stretched the lead to 2-0.

Andover extended their lead in the second half with a fantastic header goal by Soph Dandawa '25 on a perfect set piece service from Kendall Toth '24. Wylie kept the game out of reach with a blast from well outside the 18 with fifteen minutes to play.

Every GVS player available played valuable minutes as the team continues to improve as they round the second half of their season. Keaghan Murphy was named Player of the Game. Shout out to goalkeeper Jill Reichenbach who left the pitch without conceding any goals and a huge shout out to 9th grade goalkeeper Jackie Dill who gained more game experienced in the final 15 minutes of play.

OCTOBER 21, 2023
Soccer GV vs N.M.H.
W 3-0

FAMILY WEEKEND WIN FOR GVS

Family Weekend kicked off on Friday afternoon with our annual GVS Family Practice - always a high-energy event and arguably one of the highlights of the GVS season. Beth Jordan, mom of Hannah '24, was named Player of the Day for her 'whatever it takes' defending. The parent penalty kick-off was...spirited for sure. We are glad that GVS does NOT take after their parents in terms PK-success.

Saturday afternoon brought a steady rain but that did not dampen GVS spirits from start to finish. The Big Blue jumped on the scoreboard early with a fantastic thru pass from captain Emily Mara '24 to Hayden Fischer '24. Mara struck again on a PK to bring the team into the half leading 2-0. Player of the Game Hannah Jordan kept the game out of reach with a gritty play in the box to push the score to 3-0.

Best of all, a true TEAM effort - and supported every step of the way on the sidelines by parents, grandparents, siblings - and even last year's GVS captain, KBu '23 made an appearance. Thank you to all who made this weekend special - a shoutout to GK Jill Reichenbach's parents who provided snacks and drinks at the end of the game.



Girls Soccer In The News

After Prep Showcase, Girls Soccer Dominates Groton in Shutout Season Opener



Andover Girls Soccer opened its season with a 2-0 win over Groton on Smoyer Family Field. Leading up to the home opener, however, the team faced difficulty in the annual preseason Prep Showcase, tying 0-0 to Rivers and losing 2-1 to Lawrence Academy in two 40-minute games this past Sunday. Lola Aguirre '26 highlighted the team's positive attitude going into the scrimmage against Rivers, despite the team's limited preparation due to inclement weather.

"It was really fun, it was our first time in a competitive match together. The atmosphere was very relaxed but also competitive... We wanted to win, but obviously it didn't work out in our favor. Our goal was really to get touches on the ball, see how we feel as a team, but we added fun into it, and we had success with that," said Aguirre.

Intense storms canceled the team's practice on Friday, but the team quickly recovered. According to Aguirre, the team's work ethic throughout the week helped with their performance in the Showcase.

"We obviously had the storm, so that day we didn't practice, but we practiced on Saturday. We just worked on getting to play with each other because we had only had two practices [before the Showcase], which were indoors, so we weren't used to playing outside with the full [Girls Varsity Soccer] team," said Aguirre.

Despite not having much playing time together before the weekend, the team showcased strong communication and collaboration in the double-header, according to Keaghan Murphy '27.



“One of our biggest strengths was how we talked a lot during the game, and we were all really comfortable with each other on the field,” said Murphy. On Wednesday, Andover played its first full length game against Groton. With the Showcase earlier in the week, teammates felt more confident playing with one another on the field, according to Wylie Roossien ’26. “About halfway through the first half, our Senior Captain, Jazzy [Cormier ’24], scored. The buildup to the goal was very crucial and it showed a lot of success up top,” said Roossien. The team went on to win 2-0 with a second

goal from Lilly Keim ’25.

Roossien credited the team’s success against Groton to its attitude and fans. The home field advantage kept up the energy, even with the rainy conditions.

Roossien said, “[The atmosphere] was awesome. It started off really foggy, and we didn’t think a lot of people would show up, but everyone was so excited to get out there and play the sport we love and to see so many people show up even though it was raining a bit. Everyone was so loud and so supportive.”

Andover Girls Soccer will play Middlesex away on Wednesday.

Anya Budzinski

Sep 14, 2023

Girls Soccer Finds Victory On The Road

One week after Andover Girls Soccer’s season opener, Emily Mara ’25 and Sarah Powers ’26 both scored to help the team claim a 2-0 win against Middlesex on Wednesday.

Junior goalkeeper Jacqueline Dill ’27 discussed the excitement of starting a new season and settling into the schedule. Dill believed that because the team wanted to keep the season’s strong momentum rolling, its focus and grit were outstanding.

“The team was very excited to play in this game. It was our first away game and second game overall, so the pressure was on to set the stage for our season. But overall, we were pretty calm, yet excited,” said Dill.

New team member, Murathime Daisley ’26, acknowledged goalkeeper Jill Reichenbach ’24 for keeping calm and collected throughout the entire game. Daisley believes that Reichenbach is a positive team role model by being focused and ready during the games.

“Jill Reichenbach, our goalkeeper, played an amazing game—helping keep our team calm by making smart and confident decisions. She is a great leader on the team whose vibrant energy and...demeanor heavily influence[s] our team,” said Daisley.

Reichenbach is identified as a leader on and off the field by her teammates, particularly by the underclassmen. Reichenbach offered some insight into how she tackles being a goalkeeper and the pressure that comes with the position.

“During the game, I just focus on being there for my defenders and just doing the best that I can. I see how much heart and soul every player on the team is putting out [on the field]...Before the game, on the [ride] over, I visualize...the worst case scenarios. I think that a lot of what being a goalkeeper is, is just [thinking about] what is the worst possible thing that can happen and how can I support the team in a way that makes sure that that scenario either doesn’t happen or that when it happens [we’re] prepared to deal with it,” said Reichenbach.

Although the team defeated Middlesex, Dill added that it still has aspects of its game to improve upon.

According to Dill, the team’s communication, organization, and field play could use some work.

“We could’ve been a lot more organized. The midfield lacked communication and the team came off lackadaisical in the first half. But in the second half, we really turned it up. We also introduced some set pieces into our game today, and those need much more practice,” said Dill.

Daisley highlighted the passion that is in every player on the Girls Soccer team. Daisley believed that the chemistry between the team improves immensely when everyone playing truly cares about the outcome.

“I love the energy and passion our team has. You can tell that everyone is excited to be with each other and to play the game at a high level. The GVS environment is one of great support and love with one another paired with a great sense of a shared competitive spirit,” said Daisley.

Andover Girls Soccer will play next Saturday at home against Loomis.

After Loss to Choate, Girls Soccer Dominates Brooks by 'Controlling the Controllable'



Following a two-goal loss to Choate Rosemary Hall on Saturday, Andover Girls Soccer claimed a win over Brooks with two goals each from Hayden Fischer '25, Wylie Roossien '26, and Co-Captain Emily Mara '25. Andover's record now stands at 5-4.

Andover trailed behind Choate in the first half of Saturday's game, but Keaghan Murphy '27 noticed an energy shift in the team for the second half. Andover's change in mindset allowed it to put points on the scoreboard, scoring twice after halftime.

"First half we weren't really ready for how they pounced on us on the attack. However in the second half we definitely came out, and we were hungry to get those two goals, and we put up a good fight, but unfortunately we didn't get to execute as we intended," said Murphy.

Despite the loss, Murphy thought the team created strong passes that resulted in goal-scoring opportunities. When everyone on the field was involved, the team was able to execute its best plays.

"There were a lot of plays that were built up from the back and went through the midfield and we found a through ball up top, which created a good opportunity. So, I think the best moments we had were when almost everyone got touches on the ball," said Murphy.

Similar to Saturday's game, the team struggled with a slow start against Brooks on Wednesday, ending the first half with a 1-1 battle. However, Lola Aguirre '26 emphasized Andover's ability to recover after discussing its objectives for the remainder of the game at halftime.

"Definitely part of our halftime goal was to control the controllables, and just play soccer instead of focusing on the intangibles like what the other team was saying, what the refs were doing," said Aguirre.

According to Lauren Herlihy '25, part of the team's ability to execute on the field is because of the relationships the players have formed with each other outside of the sport. As teammates, each player's support resonates in places outside of practice and games.

"I feel like we've really bonded throughout the season so far and I feel like there's a lot more to come ... we do a lot of off the field things together, we always eat dinner together, we have team dinner all the time, and we're always doing homework together in the library and I feel like everyone's a really good person and there's a lot of good friendships on our team," said Herlihy.

Looking ahead, the team hopes to build on the grit it showcased in the second half of Wednesday's game.

Herlihy noted that bringing the energy right from the start could help the team set a stronger tone for games.

"It takes us a couple minutes to warm up in a game and then we really get it going in the second half ... if we just played the way we did in the second half then we'd always have a better start to the game," said Herlihy.

Andover Girls Soccer will face St. Paul's on the road on Saturday.

Orla Naughton

Oct 12, 2023

Girls Soccer Looks to Make Adjustments at Midpoint of Season

Saturday 10/14 – Andover: 4, St. Paul's: 1

Wednesday 10/18 – Andover: 2, Governor's: 2

Following its win at St. Paul's on Saturday, Andover Girls Soccer (6-4-1) tied with Governor's in a close game on Wednesday, scoring a late equalizer in the second half.

Heading into the St. Paul's game on Saturday, Head Coach Lisa Joel had athletes reflect on how they felt regarding the team's strengths and weaknesses. Goalkeeper Jill Reichenbach PG'24 felt that this was a productive way for the team to acknowledge where it needs to improve.

"I think this was really helpful because the pattern that emerged from that conversation was that we are not bringing out [our] best game to the first half, we get complacent in the first half then really turn it up in the second half," said Reichenbach.

Following its reflections, the team successfully executed the game plan in the first half of the game against St. Paul's. Reichenbach shared that the team was focused on corner kicks, which ended up producing its first goal.

Reichenbach said, "Going into the St. Paul's game we were really focused on bringing our best to the first half. The whole team brought it to the first half and it really showed. We have been working on different corner kicks and those really came together in the game. We had two really great goals from Keaghan [Murphy '27] and Wylie [Roossien '26] in the first half. One goal was off a corner kick that gave us a lot of momentum and we ended with a 4-1 win."

On Wednesday against Governor's, Kendall Toth '24 highlighted Co-Captain Emily Mara '25 and Roossien in their team effort to score. She shared that throughout the game although the team was not always able to execute, it created a lot of goal scoring opportunities.

Toth said, "The first goal was really amazing. Wylie created an amazing scoring opportunity for Emily Mara. Wylie played a great ball forward and Emily made a really strong run forward. Throughout the game we created a lot of chances in the final third which stood out. Unfortunately we weren't able to capitalize on all of our opportunities, but that is definitely something we will be working on going forward."

Andover was able to bring energy to the first half of the Governor's game and put together a strong and organized second half, according to Toth. She noted improvements in both the team's offense and defense as the game progressed.

Toth said, "One of our strengths was we were definitely more composed in the second half. We had really good talking and communication on the field which made our game a lot smoother. Our marking was a lot better than it has been, as well as our stepping, which helped our defense. Our defense was really good especially with helping out on the wings. We used the width of the field a lot and played a lot of good balls up the wing."

According to Lola Aguirre '26, one of the team's greatest strengths this season has been its ability to bring passion to games. Aguirre noted how in the game against Governor's, much of the energy came from the opportunities the team had to score goals.

Aguirre said, "Soccer games always have a great atmosphere in the sense that they are always high intensity and very back and forth, which is really exciting. Today it was really exciting because we had a lot of opportunities to score, which is something we have been working on this season. Though we didn't follow through on all of these opportunities, we still had really great energy throughout the game, and it was really fun."

After each game, the team always awards a member with being the "Most Valuable Player." Aguirre highlighted Toth as standing out with her ability to move the ball around in the midfield and take the ball up the field via the wing.

Aguirre said, "Kendall was awarded MVP of the game at Governor's. She had a great game today, she played one of her best games of the season. She was really strong on the midfield and on the wing. She created a lot of really amazing scoring opportunities in the midfield and played some great balls up the wing."

Girls Soccer will play Northfield Mount Hermon at home on Saturday.

Anya Budzinski
Oct 20, 2023

Head Girls Soccer Coach Lisa Joel Fosters Team That Celebrates Each Other's Strengths



Andover Girls Soccer Head Coach Lisa Joel emphasizes off-field training as a big contributor to player performance. When pursuing athletics at Amherst College, Joel captained the Soccer, Basketball, and Lacrosse teams in her Senior year. She came to Andover in 1993 and became the Girls Varsity Soccer Coach in 1998.

Co-Captain Jazzy Cormier '24 described Joel's willingness to discuss plans for the team, with an emphasis on team bonding.

Cormier said, "Emily [Mara '25] and I are just in constant contact with Coach Joel...

We focused a lot on creating a really close team culture, and she talks a lot about how important it is that we're able to connect off the field because that translates to on the field."

Joel creates an environment that focuses on growth through seeking constant feedback from the team. Jill Reichenbach PG'24 appreciates Joel's open communication and its benefits to her approaching the game.

"For me, as a goalkeeper, her first question is, 'What do you think?' not 'What do you think you did wrong?'... Maybe there's something that I saw that she didn't, or that other teammates saw, and so I think with her leading with the player and then the coaching, it's really helpful," said Reichenbach.

Reichenbach added her gratitude for Joel's mentorship in helping her adjust to the team and school environment. As a new student, Reichenbach appreciated Joel's patience in giving her time to adapt.

"She's just been incredibly empathic. She was very forgiving [in] my first few weeks where I didn't really know where things were, or coming late to practice because I had to talk to a teacher about something," said Reichenbach.

Above all else, Coach Joel values health, family, and school before soccer. She hopes to send a message to her players that by taking care of external factors, success will follow the players on the field.

"We attend to that, we take care of that, we let them take care of that, and then they can get back to the game of soccer... They can't play soccer well, they can't feel good as a teammate, they probably can't succeed out on the soccer field, if things are just complicated with aspects of their health or family or school," Joel said.

Cormier highlighted Joel's hospitable attitude towards her players. Joel is involved with each player and fosters players' needs beyond the soccer field.

"She's like my second mom, even in my experience when I've been sick, when I've been down, she's literally brought me Whole Foods snacks and fruit and she's just the sweetest person ever and she always wants to hear how you're doing. She always wants to listen and she always wants to make sure that everyone is getting what they need to feel supported as an athlete," said Cormier.

While hoping to add a fifth title as the Class A Prep School Champions, Joel emphasizes staying present and focusing on details of the game to get better.

"While [The New England Class A Tournament is] our long term goal, we are taking every half at a time.

We've got a game on Wednesday, and we want to win the first half of our next game, so we don't ever want to get our eyes too far ahead [so] that we don't take care of the business right in front of us," said Joel.

As players get closer to the end of their Andover soccer career, Joel relishes the memories each of them has made with the team. The program stands strong on creating a fun and engaging environment.

Joel said, "Some of these memories and these relationships will be some of their most lasting of their Phillips Academy experience... I want them to find joy in the sport, I want them to find joy in each other and also just learn that with the power of team, you can transcend what you as an individual might think is impossible."

Orla Naughton

Oct 20, 2023

Unifying for Victory: Co-Captain Emily Mara '25's Approach to Success in Soccer

Co-Captain Emily Mara '25 leads the team to success through bonding, by striving for each player to reach the height of their ability. Committed to play Division I Soccer at Boston College, she aspires to share her knowledge and experience with her teammates and contribute to the team's growth both on and off the field.

Growing up with the influence of her sister — who shared similar athletic goals as Mara — has had a profound impact on Mara's soccer journey.

Mara said, "I like to model my game after my older sister. She is a relentless player with a willingness to succeed. She has always inspired me as a player and pushed me to be better."



With a central philosophy that focuses on reaching a player's individual potential, Mara encompasses ambition and fitness. Drawing inspiration from her sister, Mara hopes to encourage her teammates and help set them up for success.

"Our team motto is 'whatever it takes,' so we always try to play with those words in mind. We set our goals as a team, then recognize we will do whatever it takes in order to achieve," said Mara.

Hayden Fischer '25 recognizes Mara's empathetic attitude towards her teammates. Mara is able to create a space where success becomes the driving force for the team, inspiring others to follow her lead.

"Emily Mara is a very passionate and caring person. She always looks out for others and she is a very inspiring player... Her grit and fight to win is very inspirational on the team and that character trait runs off the rest of the team. It has definitely led to many of our wins and comebacks," Fischer said.

Mara's influence extends well beyond her performance on the field. In fact, she considers leadership to be the area where she has made the most improvement, recognizing that the core of the team's success lies in its organization.

"I have improved most on my leadership skills and communication on and off the field, whether it be through leadership meetings or personal experiences," said Mara.

With working with Head Coach Lisa Joel, Mara fosters a welcoming and well-structured atmosphere.

According to Fischer, this is achieved by receiving constructive feedback during matches, organizing activities to regain mental and physical rejuvenation.

Fischer said, "I think Lisa and Emily are very close so they talk about how the team culture can improve and how that can lead us to more wins. They talk at halftime during our games and talk a lot after practice, and organize team dinners."

Mara not only serves as a significant influence on her own team but also emerges as a formidable challenge for the opposing teams. This forces teams to adapt to her distinctive playing style and come up with new ways to challenge her.

"A lot of these higher level teams we have been playing definitely watch film, so they know [Mara's] playing style which is very unique. We have to shift the way we attack because of that. A lot of the time, she will get doubled or even triple teamed, so I feel like it does have an impact on the game because people know who she is and her skill level. Sometimes it gets into the other team's head," Fischer said.

Throughout the remainder of the season, Mara hopes to work towards more wins, with a focus on unifying the team, both on and off the field.

Mara said, "My goal this season is to try and cultivate a team environment that promotes a sense of community as well as success."

Henry He
Oct 20, 2023

Co-Captain Jazzy Cormier '24 Fosters Family Like Team Dynamic on Girls Soccer



Girls Soccer Co-Captain Jazzy Cormier '24 grew up in an environment where soccer was very popular. After being introduced to the sport by her family in early elementary school, Cormier has been dominating on the pitch at the interscholastic and club level ever since.

"I started playing soccer when I was really young. I think I might have been six or seven. My dad has played soccer his whole life and my sister and brother played as well. So we were kind of a soccer family. I started playing when I lived in Vermont and I played for a club team called Black Watch. As well, I think all my friends played soccer. I just wanted to try it and I really, really loved it," said Cormier.

Cormier's passion for the sport carries over to her desire for team community. As a new addition to the team, Murathime Daisley '26 felt warmly welcomed through Cormier's leadership, commending her attitude on and off the field.

Daisley said, "Jazzy is very vocal in a way that's almost calming and reassuring... She helps us make corrections to what we're doing, but she's also very encouraging and I think that's what distinguishes her a lot from other Captains I've had. Jazzy is a very comforting person. She's very optimistic and she lightens the mood a lot and I think that's reflective in her as a player. She doesn't let a mistake derail her or derail our team and she just really helps us keep going and get back up."

Cormier shared that in her leadership role as Co-Captain, she finds joy in creating unity within the team. She highlighted how rewarding it is to watch her teammates thrive.

"I love being a Captain. My favorite aspect of being a Captain would be my teammates. I love being someone that they can look up to, especially the newer girls and the freshmen. I love being someone that they can always talk to and can ask advice to. I just love being a role model for them and supporting them in whatever way that they need. I also love seeing them succeed. I feel like I'm like a mother on the team. I really, really love that," said Cormier.

Sophie Dandawa '25 commended Cormier for her impressive skills on the field. She also highlighted Cormier's ability to build a strong team dynamic.

Dandawa said, "She's really quick and she always has her head up and she always has to make the right passes. She's also just a great teammate to work with in that regard. As a person, she always really cares about us both on the field and off the field. She's always texting us, and saying 'hi' to us on the paths, and making sure she puts together team psyches for us, and things like that. So she really brings us together and makes us like one big family."

Cormier shared how she weaves being a vocal leader and leading by example into her leadership as a Co-Captain. She notes her role on the team as the Senior Captain, and how she is able to work with the leadership of Upper Co-Captain, Emily Mara '25.

Cormier said, "I would say I'm a pretty vocal leader. I don't know how confident I am, but I know that especially on the team, the other Captain is Emily Mara, and she is an Upper, and so I feel like [as] the Senior Captain, I'm just very vocal on what we need to improve on and on what we're doing really well. I also think something important to me in leading is leading by example. In practice, I am working hard, just putting in the work so that other people will do the same. I think that's also another way that I lead, if that makes sense."

As much as Cormier helps the team through her leadership, she contributes heavily on the field as well.

Dandawa spoke about Cormier's tide-turning goal in a game against Tabor Academy.

"I'm thinking back to our game versus Tabor. I remember she scored a really good goal. She scored the go-ahead goal for us and she helped us turn over that game as we had lost it previously. But this year, we ended up winning because of her goal and she was able to give us that momentum to end up winning the game overall. That was just a really great Captain moment for her," said Dandawa.

When reflecting on an interaction between Cormier and her, Daisley recalled Cormier's positivity and reassurance giving Daisley confidence in a crucial moment.

Daisley said, "One of my best memories on the team comes from an interaction I had with Jazzy. I remember, because Jazzy and I play the same position, one time I came in for the first minutes I got playing this year, subbing her out. As I went to sub her out she told me she believed in me or she trusted me, and that meant a lot coming from someone I looked up to."

Michael Williamson

Oct 20, 2023

Girls Soccer: From Family Weekend Fun to Soggy Victory Over NMH



10/21 — Andover: 3, NMH: 0

10/25 — Andover: 2, Thayer: 5

Andover Girls Soccer (7-6) was motivated by the heavy rain when playing at home against Northfield Mount Hermon (NMH) on Saturday. On Wednesday, the team was let down by its leaky defense against Thayer Academy, conceding five goals.

Despite the poor conditions on Saturday, the prospect of playing during Family Weekend allowed Andover to head into the game with a positive

mindset, according to Emily Decker '26.

Decker said, "Everyone had a lot of energy because everyone's parents were there so we were really motivated... It was super rainy and disgusting, but everyone [was] still excited for the game and having a good time."

In the afternoon prior to the game, the team celebrated visiting family members with a family scrimmage and penalty kick shootout. Lola Aguirre '26 explained how the practice created a fun and exciting atmosphere, while still setting the tone for the game the following day.

"To prepare for the game, we had our family scrimmage the day before where we had thirty family members come. We played some scrimmages which were a lot of fun. We mixed the teams with players and their families. [We] played for about 30 minutes, and just relaxed and enjoyed our family, but kept up the intensity knowing we had a game the next day," said Aguirre.

Jackie Dill '27 highlighted one of the team's goals from the game against NMH.

Dill said, "A standout play in Saturday's game was when [Co-Captain] Emily Mara '25 took a shot that didn't go in and then [Co-Captain] Jazzy [Cormier '24] deflected it back out and then Hannah Jordan [PG'24] scored... No one was really expecting a goal in that play or for it to be scored from that, so it was a really exciting and well executed play."

Aguirre appreciated the performance of Andover's goalie Jill Reichenbach PG'24 on Wednesday, despite facing a tough opposition.

Aguirre said, "[Jill] is our goalie and as a goalie, especially when you are down in the game it can be hard to keep at it and stay strong despite letting in some goals. However, Jill stayed super strong and confident and made some really great saves especially in the second half. She was really great at communicating with the defenders and creating an attack. Our whole team is super proud of her."

Looking ahead, Aguirre believes the team needs to work on being clinical in the final third of the field. The team acknowledges that it must improve upon its finishing to succeed in the final games of the season.

"Going forward into the end of the season we will continue to work on shooting and passing. Those are both vital components of the game. [In terms of] passing, we will work on making meaningful and effective passes and moving the ball in a way that creates an attack. For shooting we will continue to work on our technique and really take advantage of the opportunities that we have to take shots on the goal," said Aguirre.

Andover Girls Soccer will play at Deerfield Academy on Saturday.

Anya Budzinski

Tara Menon

Oct 27, 2023

Girls Soccer Displays Resilience with Two Comeback Draws

10/28 — Andover: 2, Deerfield: 2

11/1 — Andover: 3, Nobles and Greenough: 3

On Saturday, Andover Girls Soccer (7-5-3) rallied back from two goals down to end in a tie against Deerfield. An intense game against Nobles and Greenough (Nobles) on Wednesday followed a similar result, with Andover coming back after trailing from three goals down.

According to Murathime Daisley '26, Deerfield's physicality proved difficult for Andover to deal with. Adapting to the quick pace of their opponent proved to be something that the team struggled with in the initial stages of the game.

"We weren't used to [Deerfield's] style of play. We are a very fast and quick technical team, but they were very physical, and we weren't getting a lot of calls that we wanted. And we were not as physical as they were, so it started off slow and the energy a little low at the beginning," said Daisley.

Head Coach Lisa Joel highlighted Kendall Toth '24 and Co-Captain Jazzy Cormier '24 as two players who worked to keep the game close. Resilience and mental toughness proved to have an impact on the team, preventing two losses as the season comes to a close.

Joel said, "Kendall Toth always brings a focus to compete, and that focus resulted in a header goal late in the second half inside the box... Senior [Co-]Captain Jazzy Cormier ripped a beautiful shot to the upper ninety [corner of the goal] beyond the outstretched hands of [the] Deerfield goalie. Ultimately, the team did not string minutes or passes together and came up short. The focus is on being locked-in for our final games in the season for the first to last whistle," said Joel.

Although the result was disappointing, Daisley thought that the team worked hard.

Daisley said, "It was a tough day. We had some trouble with the referees as well, not making as many calls as we would have [liked], but then when we got that first goal by Kendall, our energy was back up. I think that we had high energy, [and] we [were] very competitive... We definitely were working hard. I think we gave it our all and maybe we just need to play more to our physical strengths next game."

According to Keaghan Murphy '27, the team had many opportunities to score during Wednesday's game against Nobles. Though she believed that the team showed the effort, it lacked the ability to finish.

"It was a good, high-intensity, aggressive game. We moved the ball throughout the midfield and created many chances in the final third. Even though we didn't find any goals in the first half, we were definitely constantly knocking on their door, hungry for anything that could get us on the scoreboard," said Murphy.

Murphy highlighted Wylie Roossien '26, whose hat-trick played a pivotal role in the team's comeback on Wednesday. Within the final minutes of the second half, Roossien's influence reinstilled confidence in each member of the team.

"Wylie definitely stood out because of her three amazing goals that were all scored within the final 15 minutes of the game. She stayed positive like everyone else on the field and sideline, and she kept the atmosphere positive and helped keep us determined," said Murphy.

Although the team has improvements to be made, Murphy emphasized the team's strong mentality and persistence. With the season coming to an end, Murphy hopes the team can find extra motivation in order to be successful in the final games.

Murphy said, "Communication on markings can still be a bit better, but there definitely was way more improvement in comparison to the start of the season. I believe we all held our heads high during the game, coming back from three goals down in the last fifteen minutes. We persevered to find the three goals that ended the game in a tie."

Girls Soccer will play Lawrence Academy at home this Friday.

Aaron Huang

Nov 2, 2023

Girls Soccer Ends Senior Night With A Draw



Saturday 11/4 – Andover: 0, Lawrence Academy: 0

Andover Girls Soccer (7-5-3) tied to Lawrence Academy (Lawrence) under the lights on Saturday. Goalie Jill Reichenbach PG'24 saved an upper-ninety goal attempt, a standout performance during the team's Senior Night.

Wylie Roossien '26 credited Reichenbach for her quick saves and taking initiative against Lawrence. Although both teams did not concede goals, Reichenbach's saves

helped keep Andover in the game.

"Jill has continued to improve drastically from the start of the season. She was already amazing then, too. But to see her make several potentially game-altering saves was everything I could have hoped for her on Senior Night. One of those moments was early on in the first half where she came off her line to make an incredible stop off a breakaway," said Roossien.

Roossien added that the team's mentality going into the game was influenced by the fact that six teammates

would be playing their last home game for Andover. Roossien emphasized the significance the team puts on its supporters, using it as motivation to work hard.

Roossien said, “We acknowledge the fact that we are the culmination of all of our support systems behind the scenes and so we approached yesterday playing for them too. This mentality allows us to push ourselves past what we might be willing to go on our own.”

Lily Keim '25 noted that while the tie wasn't the desired result, the team created scoring opportunities, held a strong defensive line, and prevented Lawrence from finding the back of the net.

“The outcome of the game was very disappointing because we were clearly the better team. We dominated most of the game. We had many chances that we couldn't finish... They had a few good counterattacks, but they had few clear chances,” said Keim.

Murathime Daisley '26 applauded the Seniors for their composure whilst facing a frustrating situation. Even if the outcome was not anticipated, the team upheld good morale.



“Walking away with a draw was hard for many reasons but above all, it was difficult to see a night worth celebrating a bit less joyful than imagined. In the midst of everything going on, it would have been easy for our Seniors to be consumed with every emotion, yet they continued to display leadership and kindness to everyone, showing why this group really is so special,” said Daisley. Andover dominated the last 15 minutes of the second half with Co-Captain Emily Mara '25 leading the offense, according to Keim. However, she noted that

Lawrence's defense was able to adapt to the team's quick speed of play.

“Playing in the stadium under the lights with a good crowd is something I wish we did more of... I think the second half especially the last 15 minutes of the game stood out. We were taking it to them and it seemed a matter of time before we scored. It just didn't happen. I felt the other team really stacked their defense back and just absorbed our pressure,” said Keim.

Although there were memorable moments during the game, Daisley mentioned areas of improvement for the future. Specifically, she hopes that the team can better maintain its composure in its next game.

“It was a really intense night... Even if we would win the ball, [we were not] not distributing it as quick as we would have liked or just being a little frantic in our decision-making. So hopefully in our next game, we're more calm and collected,” said Daisley.

Andover Girls Soccer will travel to Exeter on Saturday for its annual Andover/Exeter rivalry game.

Theo Wei

Nov 9, 2023

Girls Varsity Volleyball

2023

Head Coach: Clyfe Beckwith

Assistant Coaches:

Captain: Mary S. Lord & Drew S. Nelson

Managers: Kai Szanton, Malcolm Tolbert, Raymond Williams, & Yuexin Zeng

Overall Season Record

Win	Loss	Tie
10	7	0

Letter Winners: Ashley N. Schuman, Nanxi Xu, Jianlin Li, Mary S. Lord, Alexandra Dalrymple-Roth, Katherine S. Rodgers, Sarah E. Sirmon, Drew S. Nelson, Hailey R. Piasecki, Saraya Angbazo, Zhenkun Wang, Sophie A. Holten-Moravek, Nneka C. Ezeike, Kai Szanton, Malcolm Tolbert, Raymond Williams, & Yuexin Zeng

Award Winner: MVP - Sarah E. Sirmon

Girls Volleyball

2023 Schedule and Results

Th u	09/07/2023	Volleyball GV	Brooks	H	4:15 PM			
Sat	09/09/2023	Volleyball GV	Dana Hall	A	3:15 PM	3-0	W	
Sat	09/16/2023	Volleyball GV	@Taft/Hotchkiss/Exeter	A	2:30 PM	3-0/3-1	W, W	
Sat	09/23/2023	Volleyball GV	Loomis	H	2:30 PM	0-3		L
We d	09/27/2023	Volleyball GV	Groton	H	3:30 PM	3-0	W	
Sat	09/30/2023	Volleyball GV	Tabor	A	2:00 PM	3-0	W	
We d	10/04/2023	Volleyball GV	B. B. & N.	A	3:30 PM	2-3		L
Sat	10/07/2023	Volleyball GV	Choate	H	4:15 PM	3-1	W	
We d	10/11/2023	Volleyball GV	Austin Prep	H	3:30 PM	3-0	W	
Fri	10/13/2023	Volleyball GV	St. Paul's	A	5:30 PM	3-1	W	
We d	10/18/2023	Volleyball GV	Exeter	H	3:00 PM	1-3		L
Sat	10/21/2023	Volleyball GV	N.M.H.	H	2:45 PM	3-0	W	
Sat	10/28/2023	Volleyball GV	Deerfield	A	4:00 PM	0-3		L
We d	11/01/2023	Volleyball GV	St. Paul's	H	3:30 PM	3-0	W	
Sat	11/04/2023	Volleyball GV	Milton	A	3:30 PM	2-3		L
Sat	11/11/2023	Volleyball GV	Exeter	A	11:00 AM	1-3		L
	11/15/2023	Volleyball GV	Tourney vs Loomis	A	3:30 PM	0-3		L



Phillips Academy Girls Varsity Volleyball 2023

<u>No</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
1L	Ashley N. Schuman	2027	Bedford, MA
2	Nanxi Xu	2027	Minhang, Shanghai
4	Jianlin Li	2027	Andover, MA
5	Mary S. Lord *	2024	New York, NY
8	Alexandra Dalrymple-Roth	2025	Le Vesinet, FR
12	Katherine S. Rodgers	2026	Dallas, TX
13	Sarah E. Sirmon	2024	Destrehan, LA
14	Drew S. Nelson *	2024	Andover, MA
16	Hailey R. Piasecki	2026	Gig Harbor, WA
17	Saraya Angbazo	2025	Tenafly, NJ
18	Zhenkun Wang	2024	Weston, MA
19	Sophie A. Holten-Moravek	2025	New York, NY
21	Nneka C. Ezeike	2026	Ellicott City, MD

*Captain

Coach: Clyfe Beckwith

Assistant Coach: Kaylee Liberty

Managers: Kai Szanton, Malcolm Tolbert, Raymond Williams, & Yuexin Zeng



Girls Volleyball 2023 Game Highlights

SEPTEMBER 7, 2023

Volleyball GV vs Brooks

NA N/A-N/A

THANK YOU TO THE BROOKS TEAM FOR VOYAGING TO MEMORIAL GYM IN THIS SWELTERING HEAT FOR A SCRIMMAGE MATCH.

With precaution of heat protocol we managed to play 2.5 games. Both teams benefitted from exploring line-up options and match experience (substitutions etc.)

We wish Brooks all the best in their season and can only hope this heat wave is behind us.

SEPTEMBER 9, 2023

Volleyball GV at Dana Hall

W 3-0

26-24, 25-11, 25-18

Gratitude to Dana Hall for hosting us for the opening of our season. We barely squeaked by in the first game due to your exceptional blocking. Wishing you all the best for the season.

PAVB - missing two starters and compensating for half the team being new. Add shortened practices (heat protocol) and cancelled practice (violent thunderstorm and loss of power) and we had our work cut out for us - especially communication.

A loud gym, different style of ball (serves floated long) and a HUGE Dana Hall block were some factors to our slow start, but most of it was a lack of rhythm we did not create ourselves until the last points of the first set.

A good start for PAVB. We look forward to traveling to Taft to play Taft and Hotchkiss next Saturday. Thank you fans for your support.

SEPTEMBER 16, 2023

Volleyball GV at Taft vs. Hotchkiss

W 3-1

ANDOVER 3- HOTCHKISS 1 (25-13, 25-22, 20-25, 25-18)

Thank you Taft for hosting us. We played Hotchkiss first in a doubleheader.

Our first set PAVB played with the best rhythm of the season, never relinquishing the lead and expanding on it with every serve opportunity.

In the second set, we fell into a 2-7 hole early, dug ourselves out to a 10-8 lead. Tied at 11-11, 17-17, 21-21, 22-22 Andover prevailed for a 2-0 sets lead.

In the third set PAVB went ahead 5-1, and promptly gave up 8 in a row to a 5-9 deficit and would not be able to recover the lead again. We got it to 8-10, even 14-15, and that's as close as we got it.

The fourth set with some line-up changes, we went down 0-4, but regrouped to a 5-5, regrouped to a 7-7, went down 7-11, 10-12, 13-16, tied it 17-17 at which point Drew Nelson served us to a 23-17 lead which was enough to secure the win.

22 minutes to play Taft

SEPTEMBER 23, 2023

Volleyball GV vs Loomis

L 0-3

ANDOVER-LOOMIS 10-25,10-25,11-25

Congratulations to Loomis for an outstanding showing: especially serving and blocking. Today was an off day for PAVB; we walk away with many lessons. We hope to see Loomis again at season's end.

Thank you to our fans for your support. Onward to play Groton this coming Wednesday.

SEPTEMBER 27, 2023

Volleyball GV vs Groton

W 3-0

ANDOVER 3 - GROTON 0 (25-21, 25-20,25-22)

Congratulation and thank you to team Groton for such a spirited defense and hard hitting offense.

A good match for PAVB to iron out some wrinkles from this past weekend (moving our feet) and the added challenge of defending strong hitters. Today, although still not perfect, our serving helped us maintain some runs.

Thank you to our fans, managers, and athletic staff for all the support. Onward to taking on Tabor on the road.

SEPTEMBER 30, 2023

Volleyball GV at Tabor

W 3-0

ANDOVER 3 - TABOR 0 (25-18,25-19,25-16)

Thank Tabor Seawolves for hosting us on this rainy day and Referee appreciation day. We wish you all the best for your season.

A good outing for PAVB, finding a rhythm of hitting either off the forearms of a block or through the middle.

Of special note today Lena Ciganer-Albeniz starting at opposite; Ashley Schuman DS and Nneke Ezeike OH getting some minutes on the court.

We move forward traveling to BB&N on Wednesday and hosting Choate next Saturday.

Thank you parents, fans and athletic staff for all the support. GO BIG BLUE.

OCTOBER 4, 2023

Volleyball GV at B. B. & N.

L 2-3

ANDOVER 2 -BBN 3 (25-23, 25-23, 17-25, 19-25, 9-15)

Congratulations to the Knights for ganging in there and taking advantage of opportunities. The first sets were hard-fought back-and-forth volleys, with the advantage tipping in Andover's favor.

The third set, though similarly in cadence to sets one and two ended decisively for BB&N because the Knights made fewer errors and Andover did not make adjustments to BB&N's defense.

As much as I give credit to the Knights for winning the fourth set, Andover made 10 service errors that tipped the balance to far.

Game 5 was never in doubt in favor of the Knights. Even though there were incredible highlight reel saves by Andover (and BB&N) that stretched rallies to multiple volleys, BB&N took the upper hand and did not let it go.

PAVB will rally to prepare for hosting Choate on Saturday.

OCTOBER 7, 2023

Volleyball GV vs Choate

W 3-1

ANDOVER 3-CHOATE 1 (25-22,25-22, 23-25,25-18)

Thank you to the boars for traveling this long distance on a rather wet and very humid day in the gym. A good hard-fought win for PAVB.

In the first set the two teams exchanged the lead several times until 8-8, at which point Sarah Beth Sirmon fired off 6 service points in a row, giving Andover a lead for good. Choate, however, fought back to 22-23 before Andover could seal a 25-23 1-0 advantage.

In the second set, much like the first, a give and go, Choate ahead 6-4 when Kate Rodgers bulleted 4 consecutive service points for an Andover lead of 9-6. Choate would regain the lead for as much as a 20-17 advantage, but Wendy Wang reversed that lead to a 23-21 advantage and an eventual 25-22 2-0 lead.

In the third set, again, a back-and-forth to a 7-7 tie, lead changes until a Choate advantage of 14-12, 16-13, 20-17 lead. Even though Andover brought it back from a 19-23 deficit to a score of 22-23, two Andover missed serves gave Choate a cone-back opportunity as they sealed a 25-23 win for a 2-1 Andover advantage.

In the fourth set Andover quickly jumped to a decisive lead on Kate Rodgers serve from 3-4 to 11-4, and again Kate later from a 16-11 to a 21-11 lead. Andover clinched the match with a 25-18 win.

Some incredibly hard hit balls, some spectacular defense/saves, amidst some painful touches and shanked balls. Overall highly entertaining volleyball to a faithful crowd.

Gratitude to our fans, parents, and athletics staff. PAVB looks ahead to hosting Austin Prep on Wednesday and traveling to SPS ON Friday of next week.

OCTOBER 11, 2023

Volleyball GV vs Austin Prep W 3-0

ANDOVER 3 - AUSTIN PREP 0 (25-9,25-21,25-19)

We wish Austin Prep all the best in their season. Thank you for traveling to us today.

A dominant first set for PAVB, firing on all cylinders. The out-of-system defense was spectacular in converting a potentially lost point into a gain. Selene Xu switched in as setter for the conclusion and carried the same tempo through to the end. Ashley Shuman earned 7 service points, playing DS for OPP Hailey Piasecki.

The second set PAVB had to come from behind several times. Wendy Wang dug PAVB out of a 20-21 deficit with 4 consecutive service points for a 2-0 lead.

In the third set Sophie Holten-Moravek served PAVB to a 6-2 advantage, but we then again had to come from behind. At 10-13 Wendy Wang served 9 consecutive points to give us a comfortable enough margin to seal the match.

Andover prepares to travel to Saint Paul's for a Friday evening match. Thank you fans, parents and athletic staff.

OCTOBER 13, 2023

Volleyball GV at St. Paul's W 3-1

ANDOVER 3 - SPS 1 (25-7, 23-25, 25-20, 25-11)

Thank you SPS Pelicans for hosting us this Friday evening. Wow- your crowd brought some energy into the gym and your second set was amazing defense/offense. Wishing you all the best for your season.

A good win for PAVB. Everything went our way in the first set, monster hits to the left, to the right and through the block; good saves and GREAT serving.

In the second set, with a boisterous crowd behind them SPS blocked, served and hit with success. Tying the score 1-1.

In the third it went back and forth 14-14, 17-14, 17-18, 20-19, 21-20, until the end Wendy Wang serves PA back into a 2-0 lead.

The fourth set went out of SPS reach when Andover took a 12-5 lead, 19-8, 22-9, 25-11.

Sophie Holten-Moravek 9; Ashley Shuman 10; Wendy Wang 10; Kate Rodgers 8; Mary Lord 16 service points respectively today.

PAVB is eager to host Exeter on Wednesday the 18th.

Thank you parents/fans - appreciating you. JV you carried us through set 4. Congrats on your 3-0 win.

OCTOBER 18, 2023

Volleyball GV vs Exeter L 1-3

ANDOVER 1 - EXETER 3 (23-25, 25-22, 20-25, 21-25)

Congratulations to Exeter for the win and a well-fought battle. We look forward to our rematch

Nov. 11 😊

Four sets of high level volleyball, great hard-hitting offense, and highlight reel defense on both sides. The first set, back and forth, after tying 18-18 Andover pulled to within 23-24 when Exeter took the final point for an 1-0 lead. In the second set Andover went up 6-2, 11-6, and Exeter took the lead 21-20, but PAVB sided-out and evened the match 25-22, 1-1. In the third set Exeter took an early lead 14-5, but Andover stormed back to a 17-17 tie. Exeter prevailed for a 25-20 and 2-1 lead. In the fourth set Andover took a 7-0 lead, but gave it right back going down 7-12. Tied at 13-13, Exeter crept into a lead 16-15, 20-16, 23-19, 25-21.

Exceptionally entertaining volleyball (and this coach lost another three years off his life) with amazing support from fans and parents. Deep gratitude.

Happy Birthday to co-captain Mary.

Onward to hosting NMH this Saturday on Family weekend.

OCTOBER 21, 2023

Volleyball GV vs N.M.H.

W 3-0

ANDOVER 3 - NMH 0 (25-13, 25-12, 25-13)

A great day for PAVB. Thank you fans, parents, athletics staff. Gratitude to NMH to travel our way for our Family Weekend (in this weather an inside sport is comforting).

The depth of our bench allowed us to play half and half (starters/bench) the first two sets. Everyone got in at least one set.

Long weekend, and preparing to travel to Deerfield Oct. 28.

OCTOBER 28, 2023

Volleyball GV at Deerfield

L 0-3

ANDOVER 0 -DEERFIELD 3 (14-25, 15-25, 10-25)

Congratulations to the Big Green. Well done.

Not PAVB's best outing. Well, in light of Halloween we scared ourselves silly.

November 1, when we host SPS for a rematch will be a new month.

NOVEMBER 1, 2023

Volleyball GV vs St. Paul's

W 3-0

ANDOVER 3 - SPS 0 (25-19, 25-19, 25-20)

A good win for PAVB on Senior Night, and able to play all four seniors in the last home game.

Special guest Dr. Kington joined us on the bench today.

In all three sets, Andover came from behind. In the first we were neck-to-neck with SPS through 13-13 when PAVB pulled away for good on the serve of Kate Rodgers. In the second set, PAVB behind 16-19 Drew Nelson went on an 8-point service point run to get a 2-0 lead. In the third set,

Sarah Beth Sirmon dug us out of a 7-11 hole tying us at 12-12. Tied 14-14 Sophie Holten-Moravek served the team ahead 20-16 for a 3-0 win.

We travel to Milton on Saturday for a match of the current #6 vs 8 seeds.

Thanks you fans, parents, and athletic team for all the support.

NOVEMBER 4, 2023

Volleyball GV at Milton

L 2-3

ANDOVER 2- MILTON 3 (16-25, 25-23, 20-25, 25-22, 13-15)

Congratulations to the Mustangs for the most energetic, on-fire match ever. Their sheer desire to win pushed Milton past Andover today. Wow.

In the first set Milton had the lead the entire way, catching Andover asleep taking a 12-3 lead.

Although Andover managed to find team rhythm, it was too late for the first set.

In the second set the teams battled back and forth, exchanged the lead several times. Milton took the lead 15-9, but Andover clawed its way back to a tie at 19-19. Milton-Andover 21-19, 21-23, 23-23. Andover sides out wins. Tied 1-1.

In the third set, tied at 4-4, Andover takes the lead 11-4 on Sarah Beth Sirmon's serve. Milton ties it at 14-14. 15-14, 15-16, 17-16, 17-19, 18-19, 18-22. Milton wins 20-25.

Pushed against the wall Andover wrestles a win of the fourth set. Andover had to overcome a 3-5 deficit to 7-5. Milton took the lead at 16-12, 17-14. Again Sarah Beth Sirmon stepped to give Andover 5 service points and a 17-20 lead. Enough to force a fifth set.

The fifth set started all in favor of Milton, taking a 10-3 lead. Andover pulled within two at 12-10, 14-13, but Milton takes the match 15-13.

An incredibly spirited strong crowd for Milton. Congratulations Mustangs.

Shout-out to Selene Xu '27 for setting a great game.

PAVB regroup to prepare for A/E at Exeter on Nov. 11 to close out the regular season, and a hope of squeezing into the quarterfinals of the tournament.

NOVEMBER 11, 2023

Volleyball GV at Exeter

L 1-3

ANDOVER 1 - EXETER 3 (25-20, 19-25, 15-25, 12-25)

Congratulations to the Big Red. Andover played well and Exeter found their groove by the middle of the second set.

Andover likely seeded 8th; the tournament committee will confirm seedings tomorrow. If the seeding holds it looks like PAVB will travel to Loomis in Wednesday for the quarterfinals.

Go Big Blue

it's official : #8 PAVB traveling to #1 Loomis Wednesday, Nov. 15. Check Athletic websites for up-to-date information.

NOVEMBER 15, 2023

NEPSAC Class A Quarterfinals at #1 Loomis Chaffee - NEPSAC Class A Quarterfinals

0-3

ANDOVER 0 - LOOMIS 3 (23-25, 18-25, 21-25)

Congratulations to the Pelicans for an amazing season and their win today.

I am so proud of PAVB. We played a good match today, good defense and solid offense. A terrific performance for our last match for a team that started the season with a completely different line-up.

So proud of our seniors: Mary Lord, Drew Nelson, Wendy Wang, and Sarah Beth Sirmon. We will miss their leadership, their vitality, their skill: they are good people.

Go Big Blue!

Thank you fans, thank you parents, thank you managers, thank you Athletics Team - appreciate all the support behind the scenes and in the stands.

Girls Volleyball In The News

Girls Volleyball Starts Season with Back to Back Shutouts

Andover Girls Volleyball won its scrimmage against Brooks on Thursday, sweeping all three sets. The team went on to open its official season with a 3-0 shutout against Dana Hall on Saturday. With seven new players this season, the team worked on figuring out its chemistry. Alex Dalrymple-Roth '25, one of the new players, highlighted the team turnover this season and the importance of the scrimmage against Brooks.

"As [Head] Coach Clyfe [Beckwith] had told us, a few days ago, this is the biggest turnover in the team that he's had in many years... This first game was a good chance for us to figure out what our chemistry [looks like]," said Dalrymple.

Co-Captain Drew Nelson '24 shared how the team had great energy and excitement for its first game. Nelson also expressed a similar sentiment to Dalrymple, explaining how the players were getting used to the team dynamic.

"This season there are so many new players, so [we're] just learning how to adapt to each other's playing styles...and [build] chemistry," said Nelson.

The scrimmage against Brooks was a chance for the team to get a sense of real in-game situations. Nelson highlighted how it helped the team observe its dynamics on the court prior to the official first game.

Nelson said, "Playing out a real live game even as a scrimmage prepared us for Dana Hall and taught us how to be competitive on the court and work together as a cohesive unit."

In Saturday's game against Dana Hall, Saraya Angbazo '25 credited Lena Ciganer-Albeniz '25 for her strategic hitting plan, specifically emphasizing Ciganer-Albeniz's performance and high energy throughout the game.

"She was able to skillfully place her hits and hit off the other team's big block, causing the ball to go out and winning us the point. She put the ball in smart, empty spots on the other side of the court. Ultimately, she just brought another level of energy and passion for the game to our team that day," said Angbazo.

Though the team had a strong start to its season, Angbazo shared that players will need to continue to adjust to each other's playing styles. Angbazo emphasized the importance of communication and expressed that team chemistry and cohesiveness will come with time.

Angbazo said, "We just need to work on our flow on the court with the six of us that are playing at the same time. Our communication, while it has had steady improvement over the past couple of days, definitely needs to be elevated more to help us truly work together and know what's happening

on the court at all times. And that'll just come with time as we get to know each other and find our place on the team."

After a full week of practice, Nelson looks forward to playing as a unit again against two strong teams.

Nelson said, "I'm excited to get out there again, and after having this full week of practice I'm excited to go up against Taft and Hotchkiss, who are normally good competitors, and just to play together again."

Andover Girls Volleyball will face Hotchkiss and Taft on Saturday.

Maya Rogers

Sep 14, 2023

Girls Volleyball Defeats Hotchkiss and Taft in Double-Header

Despite readjusting its lineups, Andover Girls Volleyball lost only one set throughout the two matches against Hotchkiss and Taft. The team first faced off against Hotchkiss, winning 3-1, and followed their victory with a 3-0 shutout against Taft, just 20 minutes after the Hotchkiss game had ended. Andover is undefeated to open its season, holding a 3-0 record.

According to Nneka Ezeike '26, many changes were made to the lineups to give typical starting players a chance to rest for the team's next game. Several starters were unable to play in Saturday's games due to Covid-19 diagnoses and injuries, requiring the bench to step up for the past week.

Ezeike said, "This was my first time starting because three out of six of our starters were not playing. We practiced like we played in the game, [honestly] even harder than we played in the game."

While Andover started off strong against Hotchkiss, the team fell out of its rhythm and dropped the third set. Ultimately, the team was able to win the fourth set, securing the victory against Hotchkiss.

"One of the most crucial moments [of the weekend] was probably [from] our first game, because we won two sets, and then in the third set, we started losing. The last set was kind of an energy booster, we wanted to finish the game. That's one of our biggest weaknesses is finishing the game, so I think that finishing that fourth set was an important way to gain the energy to win against Taft," said Ezeike.

Co-Captain Mary Lord '24 emphasized the importance of playing a challenging team, as it boosted Andover's morale during both games. The victory against Hotchkiss paved the way for a sweep against Taft, testing the team's ability to navigate challenging plays from the opposing team.

"Hotchkiss is a really scrappy team. They are able to get every ball up, they're always picking it up. Having a win against them was great because it made us think smart about where we were placing the ball and how we were playing the game. Having a win where we had to think about what we were doing made us work together as a team really well, and that led us into Taft because we worked out all of the kinks in our game," said Lord.

Before the weekend, Girls Volleyball predicted that Taft would prove to be a more difficult match-up than the preceding game against Hotchkiss. Despite this, Andover dominated the seemingly more difficult opponent, according to Ezeike.

"In the second game, Taft was definitely [stronger] competition than Hotchkiss, but we ended up winning by more... We just had a lot of energy, and even though we saw [Taft] as a better team than Hotchkiss, we just used the crowd's energy even if it was against us. We pumped each other up and moved on from every mistake," said Ezeike.

The team plans to focus its attention on improving energy levels, a skill that proved important during the double-header. Kate Rodgers '26 added that Andover will also continue to work on its communication as the season progresses.

“One of the main things we are working on is communicating with each other and being loud, and I think we really improved in that area. If you compare it to the first game against Dana Hall, we were so much louder. It was a better environment to play in,” said Rodgers.

Andover will host Loomis Chaffee on Saturday.

Lily Williamson

Sep 21, 2023

After Loss Against Loomis Chaffee, Girls Volleyball Returns with Clean Sweep Over Groton



Girls Volleyball lost all three sets on Saturday to Loomis Chaffee (Loomis), who took second place in the 2022-23 New England Preparatory School Athletic Council (NEPSAC) Girls Volleyball Class A Championships. On Wednesday however, the team regained its footing and took the victory over Groton with a score of 3-0.

During the game against Loomis, Haley Piasecki '26 applauded the Co-Captains' abilities to stay motivated during tough plays. Even after many blocked hits and missed serve-receives, the team held its own with consistent plays and good

energy.

“Everyone on the team really brought something that helped us. Our Captains especially helped with the energy and bringing everyone back up... The beginning of the third set was very exciting. There were some great rallies, and the energy overall was very high,” wrote Piasecki in an email to *The Phillipian*.

Following Saturday's loss, Ashley Schuman '27 noted how the team wanted to work on being vocal and encouraging teammates both on the court and on the bench, as well as remaining positive when placed in challenging circumstances.

“We're definitely going to focus on communicating more, and trying to forget about our mistakes and just moving on... I'm really going to try to focus on being loud and being supportive from the bench, and I know a lot of us other players who are on the bench are going to do the same... Being supportive of one another through mess-ups is key,” said Schuman.

Learning from struggles in the match against Loomis, the team came out strong in its game against Groton on Wednesday. Alex Dalrymple-Roth '25 described how each player showed grit on the court to fight for every point.



“To get a crucial play is really to dive for every ball, and I feel like that's what we really focused on this game. Everyone was really hustling and trying to go for every single ball, and I think that when we get those balls up, that's when the best plays happen,” said Dalrymple-Roth.

Dalrymple-Roth emphasized the importance of strong team dynamics, which was a factor to the team's win against Groton. She mentioned how the team was able to take each individual person's skill and maximize its effect on the court.

“All of the players bring something to the table for the games, but [what] we really needed to work on and we did significantly better in today, was really trying to tie all of our strengths together and make it all work as a team,” Dalrymple-Roth said.

With the momentum after the win against Groton, Lena Ciganer-Albeniz '25 has high hopes for the Girls Volleyball's trajectory. Ciganer-Albeniz noted that the team is on the same page about what its goals are and how strongly it wants to achieve them.

“We're in a pretty good place right now. We bounced back from a really tough loss and we swept today so I think the motivation is high and we're all willing to work hard for it. That's our mindset and we're excited to beat Tabor [Academy] on Saturday,” said Ciganer-Albeniz.

Andover will face Tabor on the road on Saturday.

Orla Naughton
Sep 28, 2023

Girls Volleyball Sweeps Tabor, Loses Lead Against BB&N

Andover Girls Volleyball split its two games on the road this week, shutting out Tabor Academy and falling one set short against BB&N on Wednesday. Andover's record is now 5-2.

According to Selene Xu '27, the team had good chemistry and energy on the court in the game against Tabor. She highlighted the team's coordination and how it ultimately led to the win.

"The bench actually cheered a lot louder this time, and people on the court were diving for every single ball, even though the court was not as great as we expected. And every single ball could have been a turning point for our win... A Tabor parent actually went up to us at the end of the game and praised our teamwork," said Xu.

Despite the team's success, Xu also noted that one area the team must improve upon before its next games is its defense. Maintaining a strong base allows the team to set up strong offensive plays, according to Xu.

"Something that we can work on is to make fewer mistakes on serve-receive because that is basically the basis of everything that we will do, like setting and spiking. I think as long as we get the base settled down, it should be much better and a much more fluid and quicker win... It would just lift off stress and tension if the first ball was defended really well" said Xu.

Lena Ciganer-Albeniz '25 highlighted Wendy Wang '24 as a player that stood out in Saturday's game. Even with the team's lack of consistent serve-receives, Wang was able to set her teammates up for success.

"Our setter, Wendy, was really good as always. And she was setting incredibly well. Even when the passes didn't go directly to her, she would set from crazy angles, and that was cool."

Against BB&N, Andover lost three sets in a row to turn over its 2-0 lead. Sophie Holten '25 thought the team started strong, but acknowledged that it wasn't able to sustain the effort.

Holten said, "In the first two sets, we were scrappy, and we went for every ball. I think that even though we lost a few points here and there, we were able to come back from that and continue to keep treating every point as a new point. And I think that in the end that's how we won those two sets. And in the future we need to continue to have that mindset when we are on the court and to not let go of that in the final stretch of the game."

Andover made ten service errors in the fourth set of the game. Holten believes that the team can learn a lot from this defeat. She feels that the team needs to strengthen its mentality during the match to allow it to rebound from mistakes quicker.

"We need to just stay out of our heads, and to come into every point with a fresh mindset. And trying our best is the only way to beat teams that are like BB&N. I think that communication is also really key, and regrouping after every point and trying to figure out what went wrong and always making changes is how we will win in the future," said Holten.

Andover Girls Volleyball will host Choate Rosemary Hall on Saturday and Austin Preparatory School on Wednesday.

Aaron Huang
Oct 5, 2023

Girls Volleyball Victorious Over Choate and Austin Prep

Saturday 10/7 – Andover: 3, Choate: 1

Wednesday 10/11 – Andover: 3, Austin Prep: 0

Andover Girls Volleyball demonstrated resilience this week, defeating both Choate on Saturday and Austin Preparatory School (Austin Prep) on Wednesday. The team's consistent support for one another led to a great week of games for the team.

In its game against Choate on Saturday, Sophie Holten '25 acknowledged how well the team did as a whole, but also highlighted how Sarah-Beth Sirmon PG'24 was resilient after the team would lose a point and being a source of support for the team.

"Sarah Beth...[is] very good at coming back after a point that we've lost and just changing something and kind of just rebounding off of it easily and just resetting... She's just always such an amazing base and foundation for our team," said Holten.

Holten noted how Andover's loud atmosphere during Saturday's game contributed to its strong performance. According to Holten, the high level of energy didn't just come from the players on the court, but also the bench and the people in the crowd.

"I think that not only the starters, but the bench obviously brings a huge amount of warmth and volume to the table when we're playing a game, and also the audience and our friends who come to watch us... Andover in general is just a place that's just loud and friendly and full of energy... I think that's really well reflected during games, especially volleyball because it's a loud sport," said Holten.

According to Jacqueline Li '27, the team's loud and strong communication on the court has helped them succeed because other teams have noted the high spirit and volume of the team.

"We've been labeled as a decently loud team by other teams in our league because we yell a lot which I think is good for us... We have a lot of energy and other teams are intimidated by that," said Li.

Andover ultimately defeated Austin Prep 3-0, but it wasn't exactly an easy win for Andover.

According to Saraya Angbazo '25, the team started off strong in its first set but suffered a significant drop in intensity in the second and third set.

"Our first set started off really strong and we had top-notch energy... [We] brought a lot of fire to the beginning of the match, something we've been needing to work on for a while. However, in the second set, our energy dipped tremendously, and the score was actually quite close, scaring us a bit. We were able to pull through, but the third set wasn't looking amazing either. We had a dip in the energy, but luckily, we were able to bring it up, winning us our match against Austin Prep," wrote Angbazo in an email to The Phillipian.

Angbazo looks forward to the anticipated game against St. Paul's today and predicts a close game.

Despite the quick turnaround after the Austin Prep game, Andover will step onto the court ready to play.

Angbazo wrote, "With only one day to practice between [the] Austin Prep game and Friday's St. Paul's game, we'll definitely be working towards cleaning up our playing and increasing the aggressiveness we bring to the court. As a whole, we're always looking to up the energy both on the court and on the sidelines, so that's something constantly in our minds!"

Andover Girls Volleyball will play away against St. Paul's on Friday.

Madeleine Shin

Elizabeth Wodarski

Oct 12, 2023

Girls Volleyball Defeats St. Paul's, Loses to Exeter

Friday 10/13 – Andover: 3, St. Paul's 1

Wednesday 10/18 – Andover: 1, Exeter: 3

Last Friday, Girls Volleyball faced St. Paul's and secured a 3-1 victory. Buoyed by this win, the team aspired to sustain its winning momentum. Unfortunately, despite its efforts, they couldn't maintain it, resulting in a 1-3 loss to Phillips Exeter Academy (Exeter) on Wednesday.

According to Saraya Angbazo '25, the team initiated the match with a commanding performance in the first set against St. Paul's. Nevertheless, it experienced a setback in the second set, prompting Angbazo to emphasize the importance of maintaining consistent energy levels throughout the entire match.

"I think we definitely wanted to go in with a lot of energy and that we did start out with it. I believe the first set was 25-7. The first set was really strong and that got us pumped up except afterwards we had a dip in our energy and because of that, when we are not having fun or when we are not putting our all out there, that is when our play starts to go down.... We lost the second set, so that was a tough one, but we were able to bring the energy back up. But after that point the energy kept coming in waves and that is something we are working on as a team, keeping that energy consistent if not trending upwards," said Angbazo.

Although strong teamwork contributed to the win, Selene Xu '27 highlighted fellow freshmen Ashley Schuman '27 as a stand out player, highlighting her incredible services. Her rhythm and composure served to be a pivotal asset for the team.

Xu said, "I feel like the teamwork in general was really good. Also there were a few good servers. I think there were streaks of five to ten serves... I remember that Ashley Schuman served ten serves in a row... I think Ashley's serve really stood out because she just served a lot in a row and she is also a freshman, so I think that really stood out to everyone and we were all impressed with her serves this game."

Games with Andover versus Exeter often bring out large crowds, and with it, pressure to defeat the rival school. In previous encounters, Angbazo felt that the team went into the game with a timid mindset, hindering their ability to play at their best. This time, although the team lost, she believed that their mindset was much better and is looking forward to a rematch.

Angbazo said, "In my past experience of playing Exeter, we have always just had such a scared mindset going into the game, we have all this pressure riding on our backs, not just from our school but also from ourselves, we want to prove to Exeter we are better, we want to beat Exeter, that comes with being an Andover student. So often times we stress ourselves out and Exeter is a strong team, they have good people, so from my past experiences we have lost and it has been massive losses. But today was just a turning point for me. A turning point to see that Exeter is not something we should be scared about. Exeter should be scared of us. We were super strong and although the outcome was not what we were hoping for, I am so excited for A/E in a couple weeks, that game is going to be incredible."

Sophie Holten-Moravek '25 thought that although the team could have put even more effort into the game, they ultimately played well. She believed that the outcome did not reflect how close the game actually was.

"Overall, I think we played hard. I think that we could have played harder and we could have played better, but I think we had good energy and we tried our best throughout the sets. The score ended up being 3-1 [Exeter] but we were very, very close in all of the sets and I think that if we made a couple of changes, we could have easily beat them," said Holten-Moravek.

Angbazo agreed that the team has the capabilities to defeat Exeter, but must fix their mistakes in order to do so. She stated the team will work on their technical abilities and maintaining their energy in upcoming practices to ensure that the team is ready for the next challenge ahead.

"I think today Exeter did not beat us. We made mistakes. The only reason we lost those points was not because Exeter was crazy or amazing, it was because we were messing up. We weren't moving, we weren't talking, we weren't communicating. We had a bunch of serve-rotate rotations where we

just weren't able to get the ball up. We weren't able to start that play. I think in the next practices we are going to be working on not only consistency with our energy but also technical things such as serve-received and serving and blocking, all those small details that contribute greatly to the ultimate game," said Angbazo.

Girls Volleyball will play Northfield Mount Hermon at home on Saturday.

Aaron Huang

Oct 20, 2023

Girls Volleyball Rides High off Family Weekend

Saturday 10/21 – Andover: 3, NMH: 0

Girls Volleyball (9-3) dominated Northfield Mount Hermon (NMH) on Saturday, channeling Family Weekend energy to take all three sets.

Sophie Holten-Moravek '25 shared the team's strategy going into the game, noting a change to its formation. Holten highlighted a motto that the team used, "be a goldfish," a reference to the TV show *Ted Lasso*.

"We knew that we were going in with some different lineups because Coach [Clyfe Beckwith] wanted to change things up and try some new things, and we all just wanted to go in with high energy and a positive outlook. We have this saying on the bench where it's just to 'be a goldfish' and to just reset after every point and just treat every point like a new point, so [we wanted] to go in like that," said Holten-Moravek.

Co-Captain Mary Lord '24 noted that the change in lineup challenged the team's communication and collaboration. Nonetheless, the game was an opportunity for all teammates to get in the action, and Lord highlighted the strong dynamic on the court.

Lord said, "It was awesome. Everybody got a chance to play on Saturday, which was really cool. Everybody played so well. The team came together really well, so even people who weren't necessarily used to playing with each other, or hadn't played in games a lot together there. Everyone was communicating really well. There was a lot of energy, and it was really fun."

Saraya Angbazo '25 highlighted the team's growth since facing an influx of new players at the beginning of the season.

"This year, our team is a pretty new group of people. We have a bunch of different ages this year, and half of our team are all new to volleyball or new to the school even. In the past, and so far in the season, we've definitely grown together and have grown closer, which is really important in any team sport, but especially volleyball where cooperation and communication are crucial to the game. So I'm proud of the connections and the relationships that we've made and are going to continue to make," said Angbazo.

After falling 3-1 to Phillips Exeter Academy (Exeter) last Wednesday, Andover was looking for a win this weekend. Lord noted that the victory against NMH was a confidence booster for the team.

"We were coming back from a loss on Wednesday that was against Exeter and we were really, really close, but we just weren't able to execute the win. And so it was really nice to have a win against NMH, one that felt really solid and we felt like we played well the whole time. And so having a win like that really lifted our spirits," said Lord.

Angbazo believed that the team's energy level on Saturday was lower than usual. Looking forward, the team hopes to improve on bouncing back from sluggish plays.

"When other teams aren't super strong, our energy starts to match theirs, it starts to dip, and we don't play as aggressive as we can, which is what happened [Saturday]. We did win, of course, which is amazing, but we didn't play as hard as we could have. So maintaining that energy and not letting it

dip down or match with the other teams lower energy is something very important and something that we will be working on in the future,” said Angbazo.
Andover Girls Volleyball will play away on Saturday against Deerfield Academy.

Evan Curtin
Oct 27, 2023

Girls Volleyball Play Head to Head Against Milton, Falling in the Fifth Set

11/4 – Andover: 13, Milton: 15

Andover Girls Volleyball (10-5) finished its weekend falling short to Milton by two points in the fifth set. Despite playing without its starting setter, the team fought and pushed through the first four sets.

According to Selene Xu '27, Andover could have pushed through the last set, especially playing head-to-head with Milton. Xu talked about the challenges of filling in for Wendy Wang '24 due to her injury.

Xu said, “We didn’t practice this a lot, so we did better than we expected... Even though Milton is a great team, we feel like we could have done better against them, especially considering how close the game was.”

Saraya Angbazo '25 mentioned that the team worked hard to recover from having low morale and it strategized ways to deconstruct Milton’s plays. Angabazo also commented on adjusting to lineup changes on both ends.

“Overall, I think we played well and managed to bring ourselves back up from the low dips in intensity we had. We were able to adjust well to new players on the court and the different types of plays Milton would use,” said Angbazo.

The game would not have been such a close one if it wasn’t for some energetic outburst during the second set. Kate Rodgers '26 discussed how the team redeemed its score.

Rodgers said, “I think that during the second set, we were slightly down, but we were able to pick up the energy from the bench and we were able to take that set. That led us to stay in it into the rest of the game, and it was able to boost our momentum going into the next sets,”

According to Xu, the team entered the fourth set with determination after being down a set.

Andover’s shift in momentum allowed it to equalize the score.

“In competitive sports, it is just a really good rally or a really good line of serves that could change the momentum of the game around. We really had nothing to lose, so we went all out, and we were kind of angry at Milton because we knew we could do better, and we pushed through it,” said Xu.

Xu added that a string of great serves from the team’s libero, Sarah Beth Sirmon '24, turned the game around in Andover’s favor.

Xu said, “In the fourth set, we were down 1-2, and we were down 14-17, but she served five points and was able to turn the set around and be able to eventually win the set. But I feel like everyone contributed so much to the team, but Sara Beth just stood out.”

Andover will play its last match of the season against Phillips Exeter Academy (Exeter) on Saturday. Rodgers noted her excitement, especially playing in front of both schools’ crowds.

“I am really excited. I remember last year we had home court advantage, but this year we are traveling there, and we are able to fight against them on their court, and we are super excited for the super competitive game that will happen during Andover/Exeter [A/E],” said Rodgers.

Xu reinstated the excitement of playing Exeter in its last game of the season and getting a chance for redemption. The game has been heavily anticipated because Andover lost to Exeter earlier in the year 1-3, with very close sets.

Xu said, "It is the biggest event of the term, if not the entire year. I really want revenge because they beat us earlier in the year. Last time they played well, and we didn't play our best, but this time I think we could beat them and win."

Andover Girls Volleyball will travel to Exeter on Saturday.

David Siahaan

Nov 9, 2023

Girls Varsity Volleyball

2023

Head Coach: Clyfe Beckwith

Assistant Coaches:

Captain: Mary S. Lord & Drew S. Nelson

Managers: Kai Szanton, Malcolm Tolbert, Raymond Williams, & Yuexin Zeng

Overall Season Record

Win	Loss	Tie
10	7	0

Letter Winners: Ashley N. Schuman, Nanxi Xu, Jianlin Li, Mary S. Lord, Alexandra Dalrymple-Roth, Katherine S. Rodgers, Sarah E. Sirmon, Drew S. Nelson, Hailey R. Piasecki, Saraya Angbazo, Zhenkun Wang, Sophie A. Holten-Moravek, Nneka C. Ezeike, Kai Szanton, Malcolm Tolbert, Raymond Williams, & Yuexin Zeng

Award Winner: MVP - Sarah E. Sirmon

Girls Volleyball

2023 Schedule and Results

Thu	09/07/2023	Volleyball GV	Brooks	H	4:15 PM			
Sat	09/09/2023	Volleyball GV	Dana Hall	A	3:15 PM	3-0	W	
Sat	09/16/2023	Volleyball GV	@Taft/Hotchkiss/Exeter	A	2:30 PM	3-0/3-1	W, W	
Sat	09/23/2023	Volleyball GV	Loomis	H	2:30 PM	0-3		L
Wed	09/27/2023	Volleyball GV	Groton	H	3:30 PM	3-0	W	
Sat	09/30/2023	Volleyball GV	Tabor	A	2:00 PM	3-0	W	
Wed	10/04/2023	Volleyball GV	B. B. & N.	A	3:30 PM	2-3		L
Sat	10/07/2023	Volleyball GV	Choate	H	4:15 PM	3-1	W	
Wed	10/11/2023	Volleyball GV	Austin Prep	H	3:30 PM	3-0	W	
Fri	10/13/2023	Volleyball GV	St. Paul's	A	5:30 PM	3-1	W	
Wed	10/18/2023	Volleyball GV	Exeter	H	3:00 PM	1-3		L
Sat	10/21/2023	Volleyball GV	N.M.H.	H	2:45 PM	3-0	W	
Sat	10/28/2023	Volleyball GV	Deerfield	A	4:00 PM	0-3		L
Wed	11/01/2023	Volleyball GV	St. Paul's	H	3:30 PM	3-0	W	
Sat	11/04/2023	Volleyball GV	Milton	A	3:30 PM	2-3		L
Sat	11/11/2023	Volleyball GV	Exeter	A	11:00 AM	1-3		L
	11/15/2023	Volleyball GV	Tourney vs Loomis	A	3:30 PM	0-3		L



Phillips Academy Girls Varsity Volleyball 2023

<u>No</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
1L	Ashley N. Schuman	2027	Bedford, MA
2	Nanxi Xu	2027	Minhang, Shanghai
4	Jianlin Li	2027	Andover, MA
5	Mary S. Lord *	2024	New York, NY
8	Alexandra Dalrymple-Roth	2025	Le Vesinet, FR
12	Katherine S. Rodgers	2026	Dallas, TX
13	Sarah E. Sirmon	2024	Destrehan, LA
14	Drew S. Nelson *	2024	Andover, MA
16	Hailey R. Piasecki	2026	Gig Harbor, WA
17	Saraya Angbazo	2025	Tenafly, NJ
18	Zhenkun Wang	2024	Weston, MA
19	Sophie A. Holten-Moravek	2025	New York, NY
21	Nneka C. Ezeike	2026	Ellicott City, MD

*Captain

Coach: Clyfe Beckwith

Assistant Coach: Kaylee Liberty

Managers: Kai Szanton, Malcolm Tolbert, Raymond Williams, & Yuexin Zeng



Girls Volleyball 2023 Game Highlights

SEPTEMBER 7, 2023

Volleyball GV vs Brooks

NA N/A-N/A

THANK YOU TO THE BROOKS TEAM FOR VOYAGING TO MEMORIAL GYM IN THIS SWELTERING HEAT FOR A SCRIMMAGE MATCH.

With precaution of heat protocol we managed to play 2.5 games. Both teams benefitted from exploring line-up options and match experience (substitutions etc.)

We wish Brooks all the best in their season and can only hope this heat wave is behind us.

SEPTEMBER 9, 2023

Volleyball GV at Dana Hall

W 3-0

26-24, 25-11, 25-18

Gratitude to Dana Hall for hosting us for the opening of our season. We barely squeaked by in the first game due to your exceptional blocking. Wishing you all the best for the season.

PAVB - missing two starters and compensating for half the team being new. Add shortened practices (heat protocol) and cancelled practice (violent thunderstorm and loss of power) and we had our work cut out for us - especially communication.

A loud gym, different style of ball (serves floated long) and a HUGE Dana Hall block were some factors to our slow start, but most of it was a lack of rhythm we did not create ourselves until the last points of the first set.

A good start for PAVB. We look forward to traveling to Taft to play Taft and Hotchkiss next Saturday. Thank you fans for your support.

SEPTEMBER 16, 2023

Volleyball GV at Taft vs. Hotchkiss

W 3-1

ANDOVER 3- HOTCHKISS 1 (25-13, 25-22, 20-25, 25-18)

Thank you Taft for hosting us. We played Hotchkiss first in a doubleheader.

Our first set PAVB played with the best rhythm of the season, never relinquishing the lead and expanding on it with every serve opportunity.

In the second set, we fell into a 2-7 hole early, dug ourselves out to a 10-8 lead. Tied at 11-11, 17-17, 21-21, 22-22 Andover prevailed for a 2-0 sets lead.

In the third set PAVB went ahead 5-1, and promptly gave up 8 in a row to a 5-9 deficit and would not be able to recover the lead again. We got it to 8-10, even 14-15, and that's as close as we got it.

The fourth set with some line-up changes, we went down 0-4, but regrouped to a 5-5, regrouped to a 7-7, went down 7-11, 10-12, 13-16, tied it 17-17 at which point Drew Nelson served us to a 23-17 lead which was enough to secure the win.

22 minutes to play Taft

SEPTEMBER 23, 2023

Volleyball GV vs Loomis

L 0-3

ANDOVER-LOOMIS 10-25,10-25,11-25

Congratulations to Loomis for an outstanding showing: especially serving and blocking. Today was an off day for PAVB; we walk away with many lessons. We hope to see Loomis again at season's end.

Thank you to our fans for your support. Onward to play Groton this coming Wednesday.

SEPTEMBER 27, 2023

Volleyball GV vs Groton

W 3-0

ANDOVER 3 - GROTON 0 (25-21, 25-20,25-22)

Congratulation and thank you to team Groton for such a spirited defense and hard hitting offense.

A good match for PAVB to iron out some wrinkles from this past weekend (moving our feet) and the added challenge of defending strong hitters. Today, although still not perfect, our serving helped us maintain some runs.

Thank you to our fans, managers, and athletic staff for all the support. Onward to taking on Tabor on the road.

SEPTEMBER 30, 2023

Volleyball GV at Tabor

W 3-0

ANDOVER 3 - TABOR 0 (25-18,25-19,25-16)

Thank Tabor Seawolves for hosting us on this rainy day and Referee appreciation day. We wish you all the best for your season.

A good outing for PAVB, finding a rhythm of hitting either off the forearms of a block or through the middle.

Of special note today Lena Ciganer-Albeniz starting at opposite; Ashley Schuman DS and Nneka Ezeike OH getting some minutes on the court.

We move forward traveling to BB&N on Wednesday and hosting Choate next Saturday.

Thank you parents, fans and athletic staff for all the support. GO BIG BLUE.

OCTOBER 4, 2023

Volleyball GV at B. B. & N.

L 2-3

ANDOVER 2 -BBN 3 (25-23, 25-23, 17-25, 19-25, 9-15)

Congratulations to the Knights for ganging in there and taking advantage of opportunities. The first sets were hard-fought back-and-forth volleys, with the advantage tipping in Andover's favor.

The third set, though similarly in cadence to sets one and two ended decisively for BB&N because the Knights made fewer errors and Andover did not make adjustments to BB&N's defense.

As much as I give credit to the Knights for winning the fourth set, Andover made 10 service errors that tipped the balance to far.

Game 5 was never in doubt in favor of the Knights. Even though there were incredible highlight reel saves by Andover (and BB&N) that stretched rallies to multiple volleys, BB&N took the upper hand and did not let it go.

PAVB will rally to prepare for hosting Choate on Saturday.

OCTOBER 7, 2023

Volleyball GV vs Choate

W 3-1

ANDOVER 3-CHOATE 1 (25-22,25-22, 23-25,25-18)

Thank you to the boars for traveling this long distance on a rather wet and very humid day in the gym. A good hard-fought win for PAVB.

In the first set the two teams exchanged the lead several times until 8-8, at which point Sarah Beth Sirmon fired off 6 service points in a row, giving Andover a lead for good. Choate, however, fought back to 22-23 before Andover could seal a 25-23 1-0 advantage.

In the second set, much like the first, a give and go, Choate ahead 6-4 when Kate Rodgers bulleted 4 consecutive service points for an Andover lead of 9-6. Choate would regain the lead for as much as a 20-17 advantage, but Wendy Wang reversed that lead to a 23-21 advantage and an eventual 25-22 2-0 lead.

In the third set, again, a back-and-forth to a 7-7 tie, lead changes until a Choate advantage of 14-12, 16-13, 20-17 lead. Even though Andover brought it back from a 19-23 deficit to a score of 22-23,

two Andover missed serves gave Choate a cone-back opportunity as they sealed a 25-23 win for a 2-1 Andover advantage.

In the fourth set Andover quickly jumped to a decisive lead on Kate Rodgers serve from 3-4 to 11-4, and again Kate later from a 16-11 to a 21-11 lead. Andover clinched the match with a 25-18 win. Some incredibly hard hit balls, some spectacular defense/saves, amidst some painful touches and shanked balls. Overall highly entertaining volleyball to a faithful crowd.

Gratitude to our fans, parents, and athletics staff. PAVB looks ahead to hosting Austin Prep on Wednesday and traveling to SPS ON Friday of next week.

OCTOBER 11, 2023

Volleyball GV vs Austin Prep

W 3-0

ANDOVER 3 - AUSTIN PREP 0 (25-9,25-21,25-19)

We wish Austin Prep all the best in their season. Thank you for traveling to us today.

A dominant first set for PAVB, firing on all cylinders. The out-of-system defense was spectacular in converting a potentially lost point into a gain. Selene Xu switched in as setter for the conclusion and carried the same tempo through to the end. Ashley Shuman earned 7 service points, playing DS for OPP Hailey Piasecki.

The second set PAVB had to come from behind several times. Wendy Wang dug PAVB out if a 20-21 deficit with 4 consecutive service points for a 2-0 lead.

In the third set Sophie Holten-Moravek served PAVB to a 6-2 advantage, but we then again had to come from behind. At 10-13 Wendy Wang served 9 consecutive points to give us a comfortable enough margin to seal the match.

Andover prepares to travel to Saint Paul's for a Friday evening match. Thank you fans, parents and athletic staff.

OCTOBER 13, 2023

Volleyball GV at St. Paul's

W 3-1

ANDOVER 3 - SPS 1 (25-7, 23-25, 25-20, 25-11)

Thank you SPS Pelicans for hosting us this Friday evening. Wow- your crowd brought some energy into the gym and your second set was amazing defense/offense. Wishing you all the best for your season.

A good win for PAVB. Everything went our way in the first set, monster hits to the left, to the right and through the block; good saves and GREAT serving.

In the second set, with a boisterous crowd behind them SPS blocked, served and hit with success. Tying the score 1-1.

In the third it went back and forth 14-14, 17-14, 17-18, 20-19, 21-20, until the end Wendy Wang serves PA back into a 2-0 lead.

The fourth set went out of SPS reach when Andover took a 12-5 lead, 19-8, 22-9, 25-11.

Sophie Holten-Moravek 9; Ashley Shuman 10; Wendy Wang 10; Kate Rodgers 8; Mary Lord 16 service points respectively today.

PAVB is eager to host Exeter on Wednesday the 18th.

Thank you parents/fans - appreciating you. JV you carried us through set 4. Congrats on your 3-0 win.

OCTOBER 18, 2023

Volleyball GV vs Exeter

L 1-3

ANDOVER 1 - EXETER 3 (23-25, 25-22, 20-25, 21-25)

Congratulations to Exeter for the win and a well-fought battle. We look forward to our rematch

Nov. 11 😊

Four sets of high level volleyball, great hard-hitting offense, and highlight reel defense on both sides. The first set, back and forth, after tying 18-18 Andover pulled to within 23-24 when Exeter took the final point for an 1-0 lead. In the second set Andover went up 6-2, 11-6, and Exeter took the lead 21-20, but PAVB sided-out and evened the match 25-22, 1-1. In the third set Exeter took an early lead 14-5, but Andover stormed back to a 17-17 tie. Exeter prevailed for a 25-20 and 2-1 lead. In the fourth set Andover took a 7-0 lead, but gave it right back going down 7-12. Tied at 13-13, Exeter crept into a lead 16-15, 20-16, 23-19, 25-21.

Exceptionally entertaining volleyball (and this coach lost another three years off his life) with amazing support from fans and parents. Deep gratitude.

Happy Birthday to co-captain Mary.

Onward to hosting NMH this Saturday on Family weekend.

OCTOBER 21, 2023

Volleyball GV vs N.M.H.

W 3-0

ANDOVER 3 - NMH 0 (25-13, 25-12, 25-13)

A great day for PAVB. Thank you fans, parents, athletics staff. Gratitude to NMH to travel our way for our Family Weekend (in this weather an inside sport is comforting).

The depth of our bench allowed us to play half and half (starters/bench) the first two sets. Everyone got in at least one set.

Long weekend, and preparing to travel to Deerfield Oct. 28.

OCTOBER 28, 2023

Volleyball GV at Deerfield

L 0-3

ANDOVER 0 -DEERFIELD 3 (14-25, 15-25, 10-25)

Congratulations to the Big Green. Well done.

Not PAVB's best outing. Well, in light of Halloween we scared ourselves silly.

November 1, when we host SPS for a rematch will be a new month.

NOVEMBER 1, 2023

Volleyball GV vs St. Paul's

W 3-0

ANDOVER 3 - SPS 0 (25-19, 25-19, 25-20)

A good win for PAVB on Senior Night, and able to play all four seniors in the last home game.

Special guest Dr. Kington joined us on the bench today.

In all three sets, Andover came from behind. In the first we were neck-to-neck with SPS through 13-13 when PAVB pulled away for good on the serve of Kate Rodgers. In the second set, PAVB behind 16-19 Drew Nelson went on an 8-point service point run to get a 2-0 lead. In the third set, Sarah Beth Sirmon dug us out of a 7-11 hole tying us at 12-12. Tied 14-14 Sophie Holten-Moravek served the team ahead 20-16 for a 3-0 win.

We travel to Milton on Saturday for a match of the current #6 vs 8 seeds.

Thanks you fans, parents, and athletic team for all the support.

NOVEMBER 4, 2023

Volleyball GV at Milton

L 2-3

ANDOVER 2- MILTON 3 (16-25, 25-23, 20-25, 25-22, 13-15)

Congratulations to the Mustangs for the most energetic, on-fire match ever. Their sheer desire to win pushed Milton past Andover today. Wow.

In the first set Milton had the lead the entire way, catching Andover asleep taking a 12-3 lead.

Although Andover managed to find team rhythm, it was too late for the first set.

In the second set the teams battled back and forth, exchanged the lead several times. Milton took the lead 15-9, but Andover clawed its way back to a tie at 19-19. Milton-Andover 21-19, 21-23, 23-23. Andover sides out wins. Tied 1-1.

In the third set, tied at 4-4, Andover takes the lead 11-4 on Sarah Beth Sirmon's serve. Milton ties it at 14-14. 15-14, 15-16, 17-16, 17-19, 18-19, 18-22. Milton wins 20-25.

Pushed against the wall Andover wrestles a win of the fourth set. Andover had to overcome a 3-5 deficit to 7-5. Milton took the lead at 16-12, 17-14. Again Sarah Beth Sirmon stepped to give Andover 5 service points and a 17-20 lead. Enough to force a fifth set.

The fifth set started all in favor of Milton, taking a 10-3 lead. Andover pulled within two at 12-10, 14-13, but Milton takes the match 15-13.

An incredibly spirited strong crowd for Milton. Congratulations Mustangs.

Shout-out to Selene Xu '27 for setting a great game.

PAVB regroupes to prepare for A/E at Exeter on Nov. 11 to close out the regular season, and a hope of squeezing into the quarterfinals of the tournament.

NOVEMBER 11, 2023

Volleyball GV at Exeter

L 1-3

ANDOVER 1 - EXETER 3 (25-20, 19-25, 15-25, 12-25)

Congratulations to the Big Red. Andover played well and Exeter found their groove by the middle of the second set.

Andover likely seeded 8th; the tournament committee will confirm seedings tomorrow. If the seeding holds it looks like PAVB will travel to Loomis in Wednesday for the quarterfinals.

Go Big Blue

it's official : #8 PAVB traveling to #1 Loomis Wednesday, Nov. 15. Check Athletic websites for up-to-date information.

NOVEMBER 15, 2023

**NEPSAC Class A Quarterfinals at #1 Loomis Chaffee - NEPSAC Class A Quarterfinals
0-3**

ANDOVER 0 - LOOMIS 3 (23-25, 18-25, 21-25)

Congratulations to the Pelicans for an amazing season and their win today.

I am so proud of PAVB. We played a good match today, good defense and solid offense. A terrific performance for our last match for a team that started the season with a completely different line-up.

So proud of our seniors: Mary Lord, Drew Nelson, Wendy Wang, and Sarah Beth Sirmon. We will miss their leadership, their vitality, their skill: they are good people.

Go Big Blue!

Thank you fans, thank you parents, thank you managers, thank you Athletics Team - appreciate all the support behind the scenes and in the stands.

Girls Volleyball In The News

Girls Volleyball Starts Season with Back to Back Shutouts

Andover Girls Volleyball won its scrimmage against Brooks on Thursday, sweeping all three sets. The team went on to open its official season with a 3-0 shutout against Dana Hall on Saturday. With seven new players this season, the team worked on figuring out its chemistry. Alex Dalrymple-Roth '25, one of the new players, highlighted the team turnover this season and the importance of the scrimmage against Brooks.

“As [Head] Coach Clyfe [Beckwith] had told us, a few days ago, this is the biggest turnover in the team that he’s had in many years... This first game was a good chance for us to figure out what our chemistry [looks like],” said Dalrymple.

Co-Captain Drew Nelson '24 shared how the team had great energy and excitement for its first game. Nelson also expressed a similar sentiment to Dalrymple, explaining how the players were getting used to the team dynamic.

“This season there are so many new players, so [we’re] just learning how to adapt to each other’s playing styles...and [build] chemistry,” said Nelson.

The scrimmage against Brooks was a chance for the team to get a sense of real in-game situations. Nelson highlighted how it helped the team observe its dynamics on the court prior to the official first game.

Nelson said, “Playing out a real live game even as a scrimmage prepared us for Dana Hall and taught us how to be competitive on the court and work together as a cohesive unit.”

In Saturday’s game against Dana Hall, Saraya Angbazo '25 credited Lena Ciganer-Albeniz '25 for her strategic hitting plan, specifically emphasizing Ciganer-Albeniz’s performance and high energy throughout the game.

“She was able to skillfully place her hits and hit off the other team’s big block, causing the ball to go out and winning us the point. She put the ball in smart, empty spots on the other side of the court. Ultimately, she just brought another level of energy and passion for the game to our team that day,” said Angbazo.

Though the team had a strong start to its season, Angbazo shared that players will need to continue to adjust to each other’s playing styles. Angbazo emphasized the importance of communication and expressed that team chemistry and cohesiveness will come with time.

Angbazo said, “We just need to work on our flow on the court with the six of us that are playing at the same time. Our communication, while it has had steady improvement over the past couple of days, definitely needs to be elevated more to help us truly work together and know what’s happening on the court at all times. And that’ll just come with time as we get to know each other and find our place on the team.”

After a full week of practice, Nelson looks forward to playing as a unit again against two strong teams.

Nelson said, “I’m excited to get out there again, and after having this full week of practice I’m excited to go up against Taft and Hotchkiss, who are normally good competitors, and just to play together again.”

Andover Girls Volleyball will face Hotchkiss and Taft on Saturday.

Maya Rogers

Sep 14, 2023

Girls Volleyball Defeats Hotchkiss and Taft in Double-Header

Despite readjusting its lineups, Andover Girls Volleyball lost only one set throughout the two matches against Hotchkiss and Taft. The team first faced off against Hotchkiss, winning 3-1, and followed their victory with a 3-0 shutout against Taft, just 20 minutes after the Hotchkiss game had ended. Andover is undefeated to open its season, holding a 3-0 record.

According to Nneke Ezeike '26, many changes were made to the lineups to give typical starting players a chance to rest for the team’s next game. Several starters were unable to play in Saturday’s games due to Covid-19 diagnoses and injuries, requiring the bench to step up for the past week. Ezeike said, “This was my first time starting because three out of six of our starters were not playing. We practiced like we played in the game, [honestly] even harder than we played in the game.”

While Andover started off strong against Hotchkiss, the team fell out of its rhythm and dropped the third set. Ultimately, the team was able to win the fourth set, securing the victory against Hotchkiss. “One of the most crucial moments [of the weekend] was probably [from] our first game, because we won two sets, and then in the third set, we started losing. The last set was kind of an energy booster, we wanted to finish the game. That’s one of our biggest weaknesses is finishing the game, so I think that finishing that fourth set was an important way to gain the energy to win against Taft,” said Ezeike.

Co-Captain Mary Lord '24 emphasized the importance of playing a challenging team, as it boosted Andover’s morale during both games. The victory against Hotchkiss paved the way for a sweep against Taft, testing the team’s ability to navigate challenging plays from the opposing team.

“Hotchkiss is a really scrappy team. They are able to get every ball up, they’re always picking it up. Having a win against them was great because it made us think smart about where we were placing the ball and how we were playing the game. Having a win where we had to think about what we were doing made us work together as a team really well, and that led us into Taft because we worked out all of the kinks in our game,” said Lord.

Before the weekend, Girls Volleyball predicted that Taft would prove to be a more difficult match-up than the preceding game against Hotchkiss. Despite this, Andover dominated the seemingly more difficult opponent, according to Ezeike.

“In the second game, Taft was definitely [stronger] competition than Hotchkiss, but we ended up winning by more... We just had a lot of energy, and even though we saw [Taft] as a better team than Hotchkiss, we just used the crowd’s energy even if it was against us. We pumped each other up and moved on from every mistake,” said Ezeike.

The team plans to focus its attention on improving energy levels, a skill that proved important during the double-header. Kate Rodgers '26 added that Andover will also continue to work on its communication as the season progresses.

“One of the main things we are working on is communicating with each other and being loud, and I think we really improved in that area. If you compare it to the first game against Dana Hall, we were so much louder. It was a better environment to play in,” said Rodgers. Andover will host Loomis Chaffee on Saturday.

Lily Williamson
Sep 21, 2023

After Loss Against Loomis Chaffee, Girls Volleyball Returns with Clean Sweep Over Groton



Girls Volleyball lost all three sets on Saturday to Loomis Chaffee (Loomis), who took second place in the 2022-23 New England Preparatory School Athletic Council (NEPSAC) Girls Volleyball Class A Championships. On Wednesday however, the team regained its footing and took the victory over Groton with a score of 3-0.

During the game against Loomis, Haley Piasecki '26 applauded the Co-Captains' abilities to stay motivated during tough plays. Even after many blocked hits and missed serve-receives, the team held its own with consistent plays and good

energy.

“Everyone on the team really brought something that helped us. Our Captains especially helped with the energy and bringing everyone back up... The beginning of the third set was very exciting. There were some great rallies, and the energy overall was very high,” wrote Piasecki in an email to *The Phillipian*.

Following Saturday's loss, Ashley Schuman '27 noted how the team wanted to work on being vocal and encouraging teammates both on the court and on the bench, as well as remaining positive when placed in challenging circumstances.

“We're definitely going to focus on communicating more, and trying to forget about our mistakes and just moving on... I'm really going to try to focus on being loud and being supportive from the bench, and I know a lot of us other players who are on the bench are going to do the same... Being supportive of one another through mess-ups is key,” said Schuman.

Learning from struggles in the match against Loomis, the team came out strong in its game against Groton on Wednesday. Alex Dalrymple-Roth '25 described how each player showed grit on the court to fight for every point.



“To get a crucial play is really to dive for every ball, and I feel like that's what we really focused on this game. Everyone was really hustling and trying to go for every single ball, and I think that when we get those balls up, that's when the best plays happen,” said Dalrymple-Roth.

Dalrymple-Roth emphasized the importance of strong team dynamics, which was a factor to the team's win against Groton. She mentioned how the team was able to take each individual person's skill and maximize its effect on the court.

“All of the players bring something to the table for the games, but [what] we really needed to work on and we did significantly better in today, was really trying to tie all of our strengths together and make it all work as a team,” Dalrymple-Roth said.

With the momentum after the win against Groton, Lena Ciganer-Albeniz '25 has high hopes for the Girls Volleyball's trajectory. Ciganer-Albeniz noted that the team is on the same page about what its goals are and how strongly it wants to achieve them.

“We’re in a pretty good place right now. We bounced back from a really tough loss and we swept today so I think the motivation is high and we’re all willing to work hard for it. That’s our mindset and we’re excited to beat Tabor [Academy] on Saturday,” said Ciganer-Albeniz. Andover will face Tabor on the road on Saturday.

Orla Naughton
Sep 28, 2023

Girls Volleyball Sweeps Tabor, Loses Lead Against BB&N

Andover Girls Volleyball split its two games on the road this week, shutting out Tabor Academy and falling one set short against BB&N on Wednesday. Andover’s record is now 5-2.

According to Selene Xu ’27, the team had good chemistry and energy on the court in the game against Tabor. She highlighted the team’s coordination and how it ultimately led to the win.

“The bench actually cheered a lot louder this time, and people on the court were diving for every single ball, even though the court was not as great as we expected. And every single ball could have been a turning point for our win... A Tabor parent actually went up to us at the end of the game and praised our teamwork,” said Xu.

Despite the team’s success, Xu also noted that one area the team must improve upon before its next games is its defense. Maintaining a strong base allows the team to set up strong offensive plays, according to Xu.

“Something that we can work on is to make fewer mistakes on serve-receive because that is basically the basis of everything that we will do, like setting and spiking. I think as long as we get the base settled down, it should be much better and a much more fluid and quicker win... It would just lift off stress and tension if the first ball was defended really well” said Xu.

Lena Ciganer-Albeniz ’25 highlighted Wendy Wang ’24 as a player that stood out in Saturday’s game. Even with the team’s lack of consistent serve-receives, Wang was able to set her teammates up for success.

“Our setter, Wendy, was really good as always. And she was setting incredibly well. Even when the passes didn’t go directly to her, she would set from crazy angles, and that was cool.”

Against BB&N, Andover lost three sets in a row to turn over its 2-0 lead. Sophie Holten ’25 thought the team started strong, but acknowledged that it wasn’t able to sustain the effort.

Holten said, “In the first two sets, we were scrappy, and we went for every ball. I think that even though we lost a few points here and there, we were able to come back from that and continue to keep treating every point as a new point. And I think that in the end that’s how we won those two sets. And in the future we need to continue to have that mindset when we are on the court and to not let go of that in the final stretch of the game.”

Andover made ten service errors in the fourth set of the game. Holten believes that the team can learn a lot from this defeat. She feels that the team needs to strengthen its mentality during the match to allow it to rebound from mistakes quicker.

“We need to just stay out of our heads, and to come into every point with a fresh mindset. And trying our best is the only way to beat teams that are like BB&N. I think that communication is also really key, and regrouping after every point and trying to figure out what went wrong and always making changes is how we will win in the future,” said Holten.

Andover Girls Volleyball will host Choate Rosemary Hall on Saturday and Austin Preparatory School on Wednesday.

Aaron Huang
Oct 5, 2023

Girls Volleyball Victorious Over Choate and Austin Prep

Saturday 10/7 – Andover: 3, Choate: 1

Wednesday 10/11 – Andover: 3, Austin Prep: 0

Andover Girls Volleyball demonstrated resilience this week, defeating both Choate on Saturday and Austin Preparatory School (Austin Prep) on Wednesday. The team's consistent support for one another led to a great week of games for the team.

In its game against Choate on Saturday, Sophie Holten '25 acknowledged how well the team did as a whole, but also highlighted how Sarah-Beth Sirmon PG'24 was resilient after the team would lose a point and being a source of support for the team.

"Sarah Beth...[is] very good at coming back after a point that we've lost and just changing something and kind of just rebounding off of it easily and just resetting... She's just always such an amazing base and foundation for our team," said Holten.

Holten noted how Andover's loud atmosphere during Saturday's game contributed to its strong performance. According to Holten, the high level of energy didn't just come from the players on the court, but also the bench and the people in the crowd.

"I think that not only the starters, but the bench obviously brings a huge amount of warmth and volume to the table when we're playing a game, and also the audience and our friends who come to watch us... Andover in general is just a place that's just loud and friendly and full of energy... I think that's really well reflected during games, especially volleyball because it's a loud sport," said Holten.

According to Jacqueline Li '27, the team's loud and strong communication on the court has helped them succeed because other teams have noted the high spirit and volume of the team.

"We've been labeled as a decently loud team by other teams in our league because we yell a lot which I think is good for us... We have a lot of energy and other teams are intimidated by that," said Li.

Andover ultimately defeated Austin Prep 3-0, but it wasn't exactly an easy win for Andover.

According to Saraya Angbazo '25, the team started off strong in its first set but suffered a significant drop in intensity in the second and third set.

"Our first set started off really strong and we had top-notch energy... [We] brought a lot of fire to the beginning of the match, something we've been needing to work on for a while. However, in the second set, our energy dipped tremendously, and the score was actually quite close, scaring us a bit. We were able to pull through, but the third set wasn't looking amazing either. We had a dip in the energy, but luckily, we were able to bring it up, winning us our match against Austin Prep," wrote Angbazo in an email to The Phillipian.

Angbazo looks forward to the anticipated game against St. Paul's today and predicts a close game. Despite the quick turnaround after the Austin Prep game, Andover will step onto the court ready to play.

Angbazo wrote, "With only one day to practice between [the] Austin Prep game and Friday's St. Paul's game, we'll definitely be working towards cleaning up our playing and increasing the aggressiveness we bring to the court. As a whole, we're always looking to up the energy both on the court and on the sidelines, so that's something constantly in our minds!"

Andover Girls Volleyball will play away against St. Paul's on Friday.

Madeleine Shin

Elizabeth Wodarski

Oct 12, 2023

Girls Volleyball Defeats St. Paul's, Loses to Exeter

Friday 10/13 – Andover: 3, St. Paul's 1

Wednesday 10/18 – Andover: 1, Exeter: 3

Last Friday, Girls Volleyball faced St. Paul's and secured a 3-1 victory. Buoyed by this win, the team aspired to sustain its winning momentum. Unfortunately, despite its efforts, they couldn't maintain it, resulting in a 1-3 loss to Phillips Exeter Academy (Exeter) on Wednesday.

According to Saraya Angbazo '25, the team initiated the match with a commanding performance in the first set against St. Paul's. Nevertheless, it experienced a setback in the second set, prompting Angbazo to emphasize the importance of maintaining consistent energy levels throughout the entire match.

"I think we definitely wanted to go in with a lot of energy and that we did start out with it. I believe the first set was 25-7. The first set was really strong and that got us pumped up except afterwards we had a dip in our energy and because of that, when we are not having fun or when we are not putting our all out there, that is when our play starts to go down.... We lost the second set, so that was a tough one, but we were able to bring the energy back up. But after that point the energy kept coming in waves and that is something we are working on as a team, keeping that energy consistent if not trending upwards," said Angbazo.

Although strong teamwork contributed to the win, Selene Xu '27 highlighted fellow freshmen Ashley Schuman '27 as a stand out player, highlighting her incredible services. Her rhythm and composure served to be a pivotal asset for the team.

Xu said, "I feel like the teamwork in general was really good. Also there were a few good servers. I think there were streaks of five to ten serves... I remember that Ashley Schuman served ten serves in a row... I think Ashley's serve really stood out because she just served a lot in a row and she is also a freshman, so I think that really stood out to everyone and we were all impressed with her serves this game."

Games with Andover versus Exeter often bring out large crowds, and with it, pressure to defeat the rival school. In previous encounters, Angbazo felt that the team went into the game with a timid mindset, hindering their ability to play at their best. This time, although the team lost, she believed that their mindset was much better and is looking forward to a rematch.

Angbazo said, "In my past experience of playing Exeter, we have always just had such a scared mindset going into the game, we have all this pressure riding on our backs, not just from our school but also from ourselves, we want to prove to Exeter we are better, we want to beat Exeter, that comes with being an Andover student. So often times we stress ourselves out and Exeter is a strong team, they have good people, so from my past experiences we have lost and it has been massive losses. But today was just a turning point for me. A turning point to see that Exeter is not something we should be scared about. Exeter should be scared of us. We were super strong and although the outcome was not what we were hoping for, I am so excited for A/E in a couple weeks, that game is going to be incredible."

Sophie Holten-Moravek '25 thought that although the team could have put even more effort into the game, they ultimately played well. She believed that the outcome did not reflect how close the game actually was.

"Overall, I think we played hard. I think that we could have played harder and we could have played better, but I think we had good energy and we tried our best throughout the sets. The score ended up being 3-1 [Exeter] but we were very, very close in all of the sets and I think that if we made a couple of changes, we could have easily beat them," said Holten-Moravek.

Angbazo agreed that the team has the capabilities to defeat Exeter, but must fix their mistakes in order to do so. She stated the team will work on their technical abilities and maintaining their energy in upcoming practices to ensure that the team is ready for the next challenge ahead.

“I think today Exeter did not beat us. We made mistakes. The only reason we lost those points was not because Exeter was crazy or amazing, it was because we were messing up. We weren’t moving, we weren’t talking, we weren’t communicating. We had a bunch of serve-receive rotations where we just weren’t able to get the ball up. We weren’t able to start that play. I think in the next practices we are going to be working on not only consistency with our energy but also technical things such as serve-received and serving and blocking, all those small details that contribute greatly to the ultimate game,” said Angbazo.

Girls Volleyball will play Northfield Mount Hermon at home on Saturday.

Aaron Huang

Oct 20, 2023

Girls Volleyball Rides High off Family Weekend

Saturday 10/21 – Andover: 3, NMH: 0

Girls Volleyball (9-3) dominated Northfield Mount Hermon (NMH) on Saturday, channeling Family Weekend energy to take all three sets.

Sophie Holten-Moravek ’25 shared the team’s strategy going into the game, noting a change to its formation. Holten highlighted a motto that the team used, “be a goldfish,” a reference to the TV show Ted Lasso.

“We knew that we were going in with some different lineups because Coach [Clyde Beckwith] wanted to change things up and try some new things, and we all just wanted to go in with high energy and a positive outlook. We have this saying on the bench where it’s just to ‘be a goldfish’ and to just reset after every point and just treat every point like a new point, so [we wanted] to go in like that,” said Holten-Moravek.

Co-Captain Mary Lord ’24 noted that the change in lineup challenged the team’s communication and collaboration. Nonetheless, the game was an opportunity for all teammates to get in the action, and Lord highlighted the strong dynamic on the court.

Lord said, “It was awesome. Everybody got a chance to play on Saturday, which was really cool. Everybody played so well. The team came together really well, so even people who weren’t necessarily used to playing with each other, or hadn’t played in games a lot together there. Everyone was communicating really well. There was a lot of energy, and it was really fun.”

Saraya Angbazo ’25 highlighted the team’s growth since facing an influx of new players at the beginning of the season.

“This year, our team is a pretty new group of people. We have a bunch of different ages this year, and half of our team are all new to volleyball or new to the school even. In the past, and so far in the season, we’ve definitely grown together and have grown closer, which is really important in any team sport, but especially volleyball where cooperation and communication are crucial to the game. So I’m proud of the connections and the relationships that we’ve made and are going to continue to make,” said Angbazo.

After falling 3-1 to Phillips Exeter Academy (Exeter) last Wednesday, Andover was looking for a win this weekend. Lord noted that the victory against NMH was a confidence booster for the team.

“We were coming back from a loss on Wednesday that was against Exeter and we were really, really close, but we just weren’t able to execute the win. And so it was really nice to have a win against NMH, one that felt really solid and we felt like we played well the whole time. And so having a win like that really lifted our spirits,” said Lord.

Angbazo believed that the team’s energy level on Saturday was lower than usual. Looking forward, the team hopes to improve on bouncing back from sluggish plays.

“When other teams aren’t super strong, our energy starts to match theirs, it starts to dip, and we don’t play as aggressive as we can, which is what happened [Saturday]. We did win, of course, which is amazing, but we didn’t play as hard as we could have. So maintaining that energy and not letting it dip down or match with the other teams lower energy is something very important and something that we will be working on in the future,” said Angbazo.

Andover Girls Volleyball will play away on Saturday against Deerfield Academy.

Evan Curtin

Oct 27, 2023

Girls Volleyball Play Head to Head Against Milton, Falling in the Fifth Set

11/4 – Andover: 13, Milton: 15

Andover Girls Volleyball (10-5) finished its weekend falling short to Milton by two points in the fifth set. Despite playing without its starting setter, the team fought and pushed through the first four sets.

According to Selene Xu ’27, Andover could have pushed through the last set, especially playing head-to-head with Milton. Xu talked about the challenges of filling in for Wendy Wang ’24 due to her injury.

Xu said, “We didn’t practice this a lot, so we did better than we expected... Even though Milton is a great team, we feel like we could have done better against them, especially considering how close the game was.”

Saraya Angbazo ’25 mentioned that the team worked hard to recover from having low morale and it strategized ways to deconstruct Milton’s plays. Angbazo also commented on adjusting to lineup changes on both ends.

“Overall, I think we played well and managed to bring ourselves back up from the low dips in intensity we had. We were able to adjust well to new players on the court and the different types of plays Milton would use,” said Angbazo.

The game would not have been such a close one if it wasn’t for some energetic outburst during the second set. Kate Rodgers ’26 discussed how the team redeemed its score.

Rodgers said, “I think that during the second set, we were slightly down, but we were able to pick up the energy from the bench and we were able to take that set. That led us to stay in it into the rest of the game, and it was able to boost our momentum going into the next sets,”

According to Xu, the team entered the fourth set with determination after being down a set.

Andover’s shift in momentum allowed it to equalize the score.

“In competitive sports, it is just a really good rally or a really good line of serves that could change the momentum of the game around. We really had nothing to lose, so we went all out, and we were kind of angry at Milton because we knew we could do better, and we pushed through it,” said Xu.

Xu added that a string of great serves from the team’s libero, Sarah Beth Sirmon ’24, turned the game around in Andover’s favor.

Xu said, “In the fourth set, we were down 1-2, and we were down 14-17, but she served five points and was able to turn the set around and be able to eventually win the set. But I feel like everyone contributed so much to the team, but Sara Beth just stood out.”

Andover will play its last match of the season against Phillips Exeter Academy (Exeter) on Saturday. Rodgers noted her excitement, especially playing in front of both schools’ crowds.

“I am really excited. I remember last year we had home court advantage, but this year we are traveling there, and we are able to fight against them on their court, and we are super excited for the super competitive game that will happen during Andover/Exeter [A/E],” said Rodgers.

Xu reinstated the excitement of playing Exeter in its last game of the season and getting a chance for redemption. The game has been heavily anticipated because Andover lost to Exeter earlier in the year 1-3, with very close sets.

Xu said, "It is the biggest event of the term, if not the entire year. I really want revenge because they beat us earlier in the year. Last time they played well, and we didn't play our best, but this time I think we could beat them and win."

Andover Girls Volleyball will travel to Exeter on Saturday.

David Siahaan

Nov 9, 2023

Boys Varsity Water Polo

2023

Coach: Howard Kalter

Assistant Coach: Hillary Kavanagh

Captains: Jonathan Ji

Managers: Daniel Mair '24, Adelaide Morales '25, & Ariana Zhou '25

Overall Season Record

Win	Loss	Tie
3	12	

Letter Winners: James C. Herlihy, Jonathan Ji, Raphael J. Sibuet, Brandon Xu, Ashton Ma, Oliver C. Stabach, Andrew H. Chinn, Hooyeon Lim, Samuel Lee, Zachary A. Godsey, Yihao Zhou, Jason S. Kokones, Sean Niu, Ethan Zhu, Daniel Y. Seong, Daniel Mair, Adelaide Morales, & Ariana Zhou

Award Winner:

MVP BOYS WATER POLO AWARD

RECIPIENT: Jonathan Ji

Boys Water Polo

2023 Schedule and Results

Wed	09/20/2023	Water Polo B	Exeter	H	3:15 PM	3-11		L
Sat	09/23/2023	Water Polo B	Deerfield/Westminster	H	2:00 PM	5-10/ 12-5	W	L
Sat	09/30/2023	Water Polo B	Williston/GCDS	A	2:00 PM	11-12/ 3-14		L,L
Wed	10/04/2023	Water Polo B	St. John's Prep	H	4:45 PM	7-8		L
Sat	10/07/2023	Water Polo B	Choate/Hamden Hall	H	4:45 PM	7-13/ 4-12		L, L
Sat	10/14/2023	Water Polo B	LOOMIS/BRUNSWICK	A	3:15 PM	6-3/ 4-21	W	L
Wed	10/18/2023	Water Polo B	Suffield	H	3:30 PM	8-13		L
Fri	10/20/2023	Water Polo B	St. John's Prep	H	4:15 PM	15-9	W	
Sat	10/28/2023	Water Polo B	Deerfield	A	4:00 PM	9-12		L
Wed	11/01/2023	Water Polo B	Exeter	A	3:15 PM	7-21		L
Sat	11/04/2023	Water Polo B	Hopkins	A	5:00 PM	6-15		L



Phillips Academy Boys Varsity Water Polo 2023

<u>No.</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
1	James C. Herlihy	2024	Andover, MA
2	Jonathan Ji	2024	Shanghai, SH
4	Raphael J. Sibuet	2024	Dubai, UAE
5	Brandon Xu	2026	Simpsonville, SC
6	Ashton Ma	2024	Avon, CT
7	Oliver C. Stabach	2026	Glastonbury, CT
8	Andrew H. Chinn	2024	Jakarta, ID
9	Hooyeon Lim	2027	Seoul, KR
10	Samuel Lee	2024	Scottsdale, AZ
11	Zachary A. Godsey	2025	Honolulu, HI
12	Yihao Zhou	2025	Larkspur, CA
13	Jason S. Kokones	2025	Andover, MA
14	Sean Niu	2025	Newport Beach, CA
15	Ethan Zhu	2026	Dhahran, SA
16	Daniel Y. Seong	2025	Wyckoff, NJ

Coach: Howie Kalter
Assistant Coach: Hillary Kavanagh
Managers: Daniel Mair '24, Adelaide Morales '25,
& Ariana Zhou '25



Boys Water Polo In The News

Despite Tough Loss, Water Polo Holds High Hopes for Season



Although Andover Boys Water Polo opened the season with a 3-11 loss against Exeter on Wednesday, the team felt pleased with the way they played.

According to Sean Niu '25, the team had multiple opportunities to score but failed to capitalize on many of those chances. Niu also noted the team's need to refine its finishing.

"We just have to learn to finish, and all of our guys have to learn to shoot close to the cage. But I think it is the opportunities that we mainly

look for. And with all the opportunities that we saw today, I think once we learn to finish and capitalize on the opportunities we'll be able to beat Exeter," said Niu.

Brandon Xu '26 echoed Niu's sentiments, emphasizing the team's collaborative efforts.

"There were a lot of great opportunities on offense that we just missed out on. We gave it our best, but the shots we got off just didn't connect. We did very well translating skills we worked on in practice. We did have a few mistakes, but for the most part the coach was very pleased with our performance. We will try to work on the smaller details to get our game more polished," said Xu.

According to Sam Lee '24, the team has improved since last year with their coordination throughout the game. By working cohesively, the team was able to maximize their collective strengths and enhance their overall performance in the pool.

"Last year, one of the biggest issues we faced as a team was that we wouldn't set up our offense and defense. But today, we played cohesive, organized, and structured water polo. I'm really proud of everyone," said Lee.

Niu highlighted a few players that showcased their confidence and composure coming into their first game. These players provided their teammates with many chances throughout the course of the game. “Our captain Jonathan Ji ’24 and our point Jason [Kokenes ’25] really stepped it up today. They both scored and they were both locking Exeter down defensively and doing a lot of great things on offense that Coach was looking for. I think one of the more memorable players this game was our Senior Raphael Sibuet ’24, who was posting up in the center, and he got a lot of great opportunities throughout the game,” Niu said.

Xu also commended Ji as being one of the stand-out players. According to Xu, Head Coach Howie Kalter ’07 was also pleased with how the team played.

“One moment that stood out was our captain Jonathan’s backhand from two meters. Our coach said it was the best shot he’s seen from our program. Also, for the most part, Coach was very pleased with our performance today. I thought the crowd atmosphere was pretty good as both team’s JV teams were in the stands cheering,” said Xu.

Jason Kokones ’25 attributed their loss to Exeter’s high level of play. He also described the areas that the team would work on in the following week.

Kokones said, “Exeter had a lot of individually skilled players, and we had trouble defending them, so we are probably going to work on our ability to defend in one-on-one situations. We also are going to work on setting ourselves up and getting into good positions to score on offense.”

Andover Boys Water Polo will host Deerfield and Westminster in a double-header on Saturday.

Aaron Huang
Sep 21, 2023

Water Polo Falls Short against Deerfield, Bounces Back against Westminster

Andover Boys Water Polo split its double header on Saturday with a 5-10 loss against Deerfield and 12-5 win against Westminster. The two games held at home brought the team’s record to 1-3.

Even though the games were only three hours apart, the team managed to raise their morale and properly recover for the second game of the day. Jeffrey Lim ’27 talked about how communication was a major issue against Deerfield, which was solved before the Westminster game.

“Teamwork...played a major part in the Westminster game. Deerfield opened up our eyes that we didn’t have the communication and teamwork skills that we needed. And after a short break, we were able to fix these issues and be able to communicate better, which ultimately led to winning the Westminster game,” said Lim.

Sean Niu ’25 shared similar sentiments to Lim. Although Deerfield was a strong team, Andover was proud of how they fared out despite the loss.

“Deerfield was one of the strongest teams in our league, and we were quite close to beating them, if we maintained our focus. When Deerfield blew out Westminster, our hopes came up and we ended up winning,” said Niu.

The win against Westminster would not have been possible without the help of some crucial players, according to Niu. These players contributed to the team morale and strength on both sides of the pool.

“Ashton Ma ’24 played very well in both games. He was making moves, scoring goals, and was a crucial part offensively. Andrew Chinn ’24 played great defense in both games, allowing us to perform quite well,” said Niu.

Lim also highlighted several players.

“Jason Kokones [’25] had a very good four-goal game against Westminster after our loss against Deerfield. Our teamwork was good throughout the game in the pool. He scored the first three goals all by himself. If I had to add another person to this list, Ashton Ma during the Deerfield game. He scored two goals and caused three ejections, which helped us gain multiple power plays for us and opened many shooting opportunities,” said Lim.

There are many things that the team is hoping to improve before their next game. Lim believes the most important aspect they hope to improve on is their shooting.

“One thing we worked on was shooting. We have a lot of great inside finishers that can finish in the six meters. However there are a lot of shots missed past the six meter mark that we should have made. We

knew that we could make those shots. So [Head Coach, Howard Kalter,] has made practice mostly about shooting and finishing.” said Lim.

Andover is looking forward to playing against many strong opponents in the future. However, Phillips Exeter Academy (Exeter) is at the top of the team’s bucket list, having already lost 3-11 to Exeter this season. Lim is convinced that with more practice, the team has high hopes of beating Exeter in their second game.

“I know that we didn’t have the result that we wanted during [that] game. But we saw great water polo between ourselves, and Coach knows that we can show a lot of what we showed Coach. And if we train our best and we keep learning and playing water polo, we believe that we can beat Exeter. So playing Exeter would be the team I want to play.” said Lim.

Andover Boys Water Polo will face its second double header against Williston Northampton and Greenwich Country Day School on Saturday, alongside hosting St. John’s Prep on Wednesday.

David Siahaan
Sep 28, 2023

Boys Water Polo Suffers Three Consecutive Losses



After adjusting lineups due to illness, Andover Boys Water Polo lost on Wednesday in a home game against St. John’s Prep (the Prep). The loss follows two consecutive losses against Williston Northampton (Williston) and Greenwich Country Day School (GCDS) in a doubleheader on Saturday. The team’s current record is 1-5.

According to Jeffrey Lim ’27, Williston proved to be tough competition as they brought forth a strong offense. Lim credits player Raphael Sibuet ’24, who scored several goals during the Williston match. Despite Sibuet’s contributions, the team ultimately lost by one

point.

Lim said, “The team played great overall. The only problem we had was adjusting our defense to their offense, and that’s what led to them winning.”

After their two losses against Williston and Taft, the team assessed their areas of strengths and weaknesses. Zach Godsey ’25 emphasized the team’s growth mindset, analyzing tactics that worked and what made the conditions less than ideal.

“There’s lots of room for improvement, everywhere, always. There’s never not room for improvement. We definitely did not play our best. It didn’t help that we were in a smaller pool, and it was a little bit cramped in the shallow end,” said Godsey.

According to Godsey, the team’s one-point loss against Williston lowered team spirit. After a series of losses, the team hopes to build a more positive mindset, especially on days with back-to-back double headers.



“The team was down, and tired, and that greatly impacted our play before we got smoked by GCDS. So, that’s something we want to work on is getting the right headspace for the next game,” said Godsey. According to Sean Niu ’25, the coaches utilize a method that helps players stay focused after a difficult loss. The strategy allows players to feel any negative emotions from the previous game, but signifies the importance of working through the loss and correcting mistakes.

“So the coach has this concept of a two-minute pity party where we can be mad at ourselves for two minutes, but go right back into our game face and come back strong,” said Niu.

Godsey highlighted players Oliver Stabach ’26, who was a starter in Wednesday’s game against the Prep, and Captain Jonathan Ji ’24 who scored crucial goals in the game.

“I want to highlight Oliver Stabach... Oliver, who usually comes off the bench, started [Wednesday]. He stepped up, and I thought he played a good game. He played great defense, swam well. Jonathan Ji, our captain, scored some very important goals, and played a great game, too,” said Godsey. The team plans to focus its attention on building a better headspace going into another doubleheader on Saturday. Godsey noted that Andover will also continue to work on its pacing throughout the game as the season progresses. Godsey said, “Patience is the biggest thing. We rush and make plays we are not supposed to. We take bad shots. Slowing it down, looking around, being patient, these are all things we can work on going into these upcoming games.” Andover will host Choate Rosemary Hall and Hamden Hall on Saturday.

Lily Williamson
Oct 5, 2023

Boys Water Polo Shows Promise Despite Losses Against Choate and Hamden Hall



Saturday 10/7

Andover: 7, Choate: 13

Andover: 4, Hamden Hall: 12

With a doubleheader this past Saturday against Choate and Hamden Hall, Andover Boys Water Polo lost both matches. However, the team persevered to the end, fighting every minute of the game.

Ethan Zhu '26 commented on the loss against Choate, mentioning that there was significant improvement in the team's movement in

the pool. Despite the loss, Zhu shared that the team was satisfied with the work it accomplished in-game and less concerned about the end result.

Zhu continued, “We had underperformed in the previous games, so we were just expecting to play better and more focused, especially because last time, a lot of us were tired. And it was a Wednesday game, so we weren't really focused, and we didn't play as well as we thought it would. Really, the main goal was just to focus, remember what we did in practice, and just execute.”

Hooyeon Lim '27 added to Zhu's point, expressing that the team had prepared constantly to improve from its previous match against St. John's Prep. Lim shared that although the loss against Choate was disappointing, the team is focused on the gradual progress at play, which was evident last Saturday.

“Despite the loss, we saw drastic improvement compared to the St. John's [Prep] game. This is one of the best games we've had so far as a team together, so we're looking forward to building on that and beating whoever's next on the list,” Lim said.

Zhu credited a majority of the team's ability to put points on the scoreboard to teammates Jonathon Ji '24 and Samuel Lee '24.

“Two people [that really stood out to me were] Jonathan, I think he scored a lot of goals, five, and then also, Sam Lee. He had this really cool save where he saved two shots in a row, which made the game really close,” said Zhu.

With 3 hours and 15 minutes in between games, the team let its performance against Choate distract it from the game against Hamden Hall. According to Lim, the team was less focused going into its second game, leaving it unprepared for the level of intensity Hamden Hall brought.

Lim said, “I think that going to the Hamden Hall game, we were a little bit more relaxed and I think that's what caused us to have a little fall back at the start and, which led us to a loss. Going in, we thought we did

really well at Choate and we thought that that's exactly how we were gonna be performing at Hamden Hall and that's not what happened, at that time."

Curt Herlihy '24 commented that the team's unstable defense contributed to some of the mistakes made in the game. Looking ahead to future practices, the team hopes to improve this aspect of play.

"I think that we really had to work better on changing how we played our defense to better counter their offense, which was focused on two very, very strong players. So we should have probably run closer to a drop defense to be able to have them both double-covered more efficiently. That would be our biggest shortcoming. And I think in practice, we're gonna start working on being more dynamic with our defense and our offense to help better combat different teams," said Herlihy.

Andover Boys Water Polo will play away against Loomis Chaffee and Brunswick next Saturday.

Despite the necessary improvement, Herlihy additionally added that the team is always focused and ready to put in the work. Herlihy credited the team's radiating praise and support to his own personal improvement.

Herlihy stated, "I would say during practices, I think we're all focused. We all want to be there. We all wanna play water polo and during games, we're really supportive for each other and we want everyone to succeed. We give praise whenever someone does anything."

Evan Curtin

Oct 12, 2023

Boys Water Polo Bounces Back Following Loss to Brunswick in Double Header, Falls to Suffield



10/14 – Andover: 4, Brunswick: 21

10/14 – Andover: 6, Loomis: 3

10/18 – Andover: 7, Suffield: 12

After a tough loss against Brunswick, Andover Boys Water Polo (3-8) demonstrated grit in the second leg of the double header, winning against Loomis Chaffee (Loomis) on Saturday. On Wednesday, the team faced another setback, losing to Suffield Academy (Suffield).

Jeffrey Lim '27 acknowledged Andover's fatigue after a well-fought game against Brunswick and noted that while the team was exhausted by the start of the Loomis game, it demonstrated resilience and dominance over its opponents.

Lim said, "Both teams were really tired after playing Brunswick. So the first quarter, no one scored. Nobody... [A] strength was that we still had our team morale up. So we had better communication than the Loomis team [and] I think that's what really won us the game."

Leading up to the games against Brunswick and Loomis, Ethan Zhu '26 noted that the preparation process for the team included mocking possible plays and scenarios that could arise within the game.

"In practice, we just practice a lot of in-game scenarios. In-game specific scenarios, and some plays that other teams would do. We basically do those in our scrimmages just so we could reenact what it would look like in real game situations," said Zhu.

Regardless of the hard work leading up to the games, Zhu noted that the team struggled to follow through with its preparation against Brunswick. However, the team applied the work it put in during practice better against Loomis.

"Against Brunswick we were a little bit sloppy, but I think that was just because you're coming off a two-hour bus ride, and a lot of us were pretty tired. But we definitely stuck to the game plan a lot better against Loomis."



According to Zhu, Andover learned from its mistakes after the game against Brunswick, and later was able to capitalize on Loomis's weaknesses. "Because Brunswick's defense is really good, we had already encountered a really hard defense, so our game plan was to do the same against Loomis and we knew that they wouldn't play as hard, so we'd get our plays and get what we needed to do a lot easier," said Zhu.

According to Zach Godsey '25, the team had made great strides in terms of offensive movement and taking its time. Despite this, there are still improvements to be made before the season comes to an end.

Godsey said, We [had] a little bit more patience this game, especially with our offense, and I think our movement was pretty good on offense. I would say for things we need to do better, [we need to work on] center defender work and a lot of defense towards the center, and then passing under pressure. Yeah, I would say passing under pressure is a big one."

Godsey reflected on the team's loss against St. John's Prep a couple of weeks ago. Andover will have the chance to compete once again against them on Friday, and Godsey looks forward to the challenge.

"We have a Friday game against St. John's that we lost. We lost [to] them by one like a couple weeks ago. It should be a fun game. I really, I would like to win that one, so I'm looking forward to it," said Godsey.

Boys Water Polo will play St. John's Prep at home on Friday.

Elizabeth Wodarski

Madeleine Shin

Oct 20, 2023

Water Polo Dominates St. John's Prep During Family Weekend

Friday 10/20 – Andover: 15, St. John's Prep: 9

With the exciting Family Weekend atmosphere, Andover Water Polo (3-9) took the win over St. John's Prep (St. John's) on Friday in front of the home crowd. With a close loss earlier in the season against St. John's, Andover turned the tables to seal the victory.

Jeffrey Lim '27 shared how the two recent wins for the team had helped it find its footing with the players. Specifically, they focused on gathering players' individual performances into a cohesive team.

"When we first started off, we knew we had the pieces, but we couldn't piece them together. However, over the season, after a few losses and some wins, we came to the conclusion that we were there and just needed to work harder over the course of the season. The pieces connected during the game, and we were able to have a great second and third quarter," said Lim.

Sean Niu '25 credited this win to the team's mental focus and energy. After falling to St. John's in a narrow 7-8 game earlier in the season, Andover was preparing for a comeback.

"We beat St. John's because we all had our heads in the game, and we were focused on taking home the win for our families and our Seniors," said Niu.

Zach Godsey '25 applauded the team for its improvement, particularly in the offensive zones. Godsey noted that there are many skills to work on in the last stretch of the season.

"Our vision across the field has gotten a lot better. There is still room for improvement, but it has been a lot better since the start of the year. We have also been finishing very well, scoring the opportunities we have had," said Godsey.

Lim commended everyone for their impressive performances during the game, particularly highlighting Raphael J. Sibuet '24 for making an impressive debut after an injury. As well as Jonathan Ji '24, Samuel Lee '24, Jason Kokones '25, and Andrew Chinn '24 as key figures during the game.

Lim said, “Although I stress that everyone did an incredible job during the game, Jonathan Ji ’24 is our captain, and he had seven goals. [Sibuet] wasn’t there at all in the first St. John’s game, which was a big loss; however, he came back [this time] and scored three goals... Samuel Lee had nine saves in total, two steals, and only let in two goals, which is an incredible tally.”

Despite the win, Godsey noted that more precise passing could help them against stronger opponents in the next few games.

Godsey said, “Keeping the ball dry and passing out of pressure is something that we need to work on [and] finding and capitalizing on opportunities by passing.”

Lim stressed the importance of the upcoming games scheduled for the team. He hopes that Andover can follow its game plan and progress it has made this season, and continue to learn to work as a unit.

“The game against Deerfield will be quite tough, but we have become a much better team overall since we last played them. I don’t really think that the score will be the important factor, but I think that the progress that we made and seeing it translate will be very important. But finding that last piece of the puzzle will be incredibly important in order to improve significantly across the board,” said Lim.

Boys Water Polo will travel to Deerfield this Saturday.

David Siahaan

Oct 27, 2023

Boys Water Polo Shows Improvement Despite Losses Against Deerfield and Exeter

10/28: — Andover: 9, Deerfield: 12

11/1: — Andover: 7, Exeter: 21

In a close game, Boys Water Polo (3-11) lost to Deerfield for the second time this season on Saturday. On Wednesday, the team fell against Phillips Exeter Academy (Exeter) after coming up short earlier in the season.

According to Jeffery Lim ’27, Andover’s battle against Deerfield saw strides of improvement from the last time that the teams faced each other. Even though both results weren’t the desired outcome, it was an intense and competitive game.

Lim said, “Overall, we played much better than the last time we played them. The scores didn’t go our way, but we knew that we got better... It was really a back-and-forth game, us scoring, them scoring and then we fell behind a few points and came back up. Then they scored a few more and that’s really how the game ended.”

After playing Deerfield earlier in the season, the team focused on targeting areas where it struggled in its prior game. Because of this, Lim noted that the team was able to carry out plays more accurately to yield better results.

“We knew how Deerfield’s offense works since we’ve played them before, so we as a team did a really good job stopping their offense and playing better defense most of the time,” said Lim.

After the game against Deerfield on Saturday, Andover was able to take what it learned and implement it into the game against Exeter on Wednesday. Sean Niu ’25 shared that by cleaning those skills up, the team was able to have some strong plays.

“Deerfield, their offense was basically centered around these plays called ball-side drives, and we were really good at shutting them down today when Exeter ran those same drives,” said Niu.

Despite the loss, Niu highlighted two defenders, Ashton Ma ’24 and Andrew Chinn ’24, for their impressive performances in the pool.

“I feel like we just didn’t play good Andover water polo that game, and they ended up getting the best of us. However, that doesn’t mean that nobody did things that were good. We had our seniors, Ashton Ma and Andrew Chinn both playing pretty good defense. Ashton Ma was being really great, making a really big impact in the water,” said Niu.

Zach Godsey '25 applauded the team for its execution of skills that it's been working on throughout the season. Andover was able to build a strong foundation for team fluidity and connection during the game. Godsey said, "We've been trying to implement some movement into our offense, some drives and stuff like that, some options to score that are not just the center. I think we were moving well today, I think we can still work on moving more in coordination, that would be stronger."

As the season is coming to a close, Niu reflected on the achievements the team has had. He emphasized the team's ability to get better together, and that it, along with Head Coach Howie Kalter '07, are proud of how far they have come this season.

Niu said, "I definitely feel like every single player individually has improved to some extent. I think that our coach has acknowledged that as well and is also really glad that we've improved not only as individual players but also as a team."

Water Polo will play away against Hopkins for its final game of the season on Saturday.

Orla Naughton

Nov 2, 2023

Head Coach Howie Kalter '07 Leads Team With Emphasis on Upholding Work Ethic



Water Polo Head Coach Howie Kalter '07 started his journey at Andover as a student in 2004, then again as a teaching fellow in 2014. He played water polo throughout his time at Andover and went on to play at the college level at Bucknell University. He is now back at the school coaching for his second season.

Sean Niu '25 noted Kalter's unique and engaging coaching style. As a former high-level player, Kalter is able to set an outstanding example for the team at practice. "He's still young, and he's still in shape, so he's able to hop in the water and show us some cool stuff... He's able to show us first-hand cool moves or plays we can run in the water," said Niu.

Jeffery Lim '27 highlighted Kalter's dedication to the team. His commitment to improving the team's skills is evident in the high standards he holds the team to.

"He puts all his energy towards us, and making us into better players and better teammates. He really never gives up on us and is a great coach in that aspect. One of the parts we love about him is that you know, sometimes we might not play how he wants us to play, but those are the times where he really steps up and goes 'Hey, this is not our kind of water polo,' and saying that our water polo is much better than this. So those are the times where he puts it all in on the table and sees what we can do and trusts us to do that," said Lim.

In practice, Kalter prepares players for in-game moments through game-like scenarios as opposed to pre-set drills. He focuses on quick thinking to help players improve decision-making under pressure.

"I want my athletes to be students of the game. I design practices to encourage players to think in the moment and make the right decisions instead of prescribing set plays. I find this makes more dynamic and successful athletes," wrote Kalter in an email to The Phillipian.

According to Lim, Kalter values the importance of consistency and drive in practice. Lim emphasized the value Kalter puts on having a strong work ethic on both sides of the coach-player relationship.

"One of the things [Kalter] says is how you practice is how you play. He takes that really seriously and we take that really seriously. If we give the hard work that he asks of us, then he's going to deliver and we're going to deliver to winning more games," said Lim.

Once an Andover student himself, Kalter also understands the challenges students sometimes face physically and mentally. Niu recognized Kalter's open mind in situations where players might be struggling inside and outside the sport.

"I feel like Coach Kalter's been really understanding, partially because he's been there and done that. He's really understanding when we tell him that we have other commitments, such as our Seniors with college [applications] and tests. And he's really accommodating for that. He's also really, really keen on making

sure his players are healthy, so he prioritizes stretching... He's overall a great support both physically and mentally," Niu said.

Kalter shared that he approaches situations where the team dynamic seems to be off in practices or in games by addressing what may be going on outside of the pool.

"The most effective way that I have handled this is by checking in with the team. Often, when practice isn't going well, there is something going on outside the pool that is distracting the team," wrote Kalter. As the season is coming to a close, Kalter applauds the progress players have made as individuals and the progress the team has made as a whole. Kalter shared his hope for the team to display this improvement in the last games of the season.

"My goal every year is for the team to play their best water polo at the end of the season. I want to coach a team that is constantly focused on improving on an individual and group level. For this season, we have two games left. It would be great to see the team execute on a high level during those two games," wrote Kalter.

Orla Naughton
Nov 2, 2023

Captain Jonathan Ji '24: From Summer Shanghai Training to Andover Captaincy



Andover Water Polo Captain Jonathan Ji '24 takes on a large role this year: the sole Captain of a 15-player team. Ji's water polo journey began roughly six years ago, when he first came to Eaglebrook School looking to play a fall sport. Since then, he has led his water polo journey with humility and discipline.

Growing up in China, Ji was a year-round swimmer. After being introduced to water polo at his middle school, Ji pursued the sport further. In eighth grade, Ji captained the Varsity Water Polo team at Eaglebrook and spent that summer practicing extensively with his teammates back in Shanghai.

"I played with some club teams in Shanghai with some of my other Eaglebrook classmates over the summer to get better. And I remember that summer was a pretty big summer for me in terms of water polo or athletics in general," said Ji.

While water polo was not a popular sport in Shanghai, Ji found a group of local and international players to train with. He would visit the Shanghai Olympic facility every Friday and play with adults who had different fitness levels and skills than him, challenging him to become a better water polo player.

"They were the best girls [water polo] team in China for high school, and I remember playing with them. They [were] really physical and they helped me improve... We would play in the diving well with expats... I just remember playing with fully grown Canadian men as a 14 year or 15 years old kid. It was a huge size disadvantage, but it was really good. I really stand by the fact that you get better by practicing and playing people that far out-class you," said Ji.

Oliver Stabach '26 emphasized Ji's supportive nature. Whether it is offering advice, walking through drills, or explaining plays, Ji always prioritizes diligence and composure.

"When I'm defending him in practice, or going up against him, he gives me a lot of pointers and a lot of tips... He wants us to work hard in practice. He reminds us to play like how we play in practice. If the other team is being physical, [he reminds the team] to not give in to their physicalities and just play how we normally play," said Stabach.

Zach Godsey '25 credited Ji for being transparent and receptive when a new idea is introduced.

"He's really big on being open to new things and coachability, and often he will give other players pointers in games. He's a big advocate for being open to new things," said Ji.

According to Sean Niu '25, Ji had to assume a major responsibility after the departure of last year's Captains Marek Deveau '22, Marcel Montemayor '22, and Trey Wolfe '22. Ji has also continued to foster a collaborative environment by organizing team meals to spend time together.

"Jonathan had to fill in some pretty big shoes because we went from having three captains last year to only having one now. He's been doing a great job. He's been very affirmative, and very supportive, and mainly

leads us in the warm-up. Usually, he catches up with us during that time or he brings us together with team dinners,” said Niu.

Ji noted that the transition of having three captains to having one captain took some adjusting, especially with balancing his responsibilities outside of water polo. However, his upperclassmen teammates have reminded him of their support and shared responsibility for the team.

Ji said, “Frankly, it’s pretty difficult. I’m more than just a water polo player on campus... I’m not always at my 100 percent and that’s when you rely on your Co-Captains... But the Senior presence and the leadership from several Uppers on the team make up for that. You don’t really need a leadership position or a specific title to lead the team.”

According to Jason Kokones ’25, Ji has grown into his role as captain as the season progressed. Kokones reflected on an early pre-season ritual, and compared it to Ji’s more recent games.

“I remember on the first day in pre-season, we were making fun of him because we always do a ‘Blue on Two’ [as a cheer] and his ‘Blue on Two’ was absolutely horrendous. This was the beginning of the season. Now, towards the end of the season, his ‘blue on two’ is so loud. It’s very animated. He’s pouring his soul into it, and we all can see that, we all hear it,” said Kokones.

Lily Williamson

Nov 2, 2023

Winter 2023-2024 Varsity Sports

Boys Basketball	13-9-0
Girls Basketball	10-16-0
Hoys Hockey	17-11-2
Girls Hockey	20-4-1
Nordic Skiing	See Individual record
Boys Squash	12-1-0
Girls Squash	12-7-0
Boys Swimming & Diving	7-0-0 Eastern's & NEPSAC Champions
Girls Swimming & Diving	5-1-0
Boys Indoor Track	See Individual Team record
Girls Indoor Track	See Individual Team record
Wrestling	5-1-0

Boys Varsity Basketball

2023~2024

Head Coach: Terrell Ivory

Assistant Coaches: Dan Schneider & Kenny Flynn

Captains: Keenan J. Sparks, Diego L. Velez, Robert O. Nyamwaya, Isaiah V. Harris

Managers: Layelle Abou-Ezzi '24, Mia Abou- Ezzi '25, Ella Guzman '24, Maya Rogers

'25

Overall Season Record

Win	Loss	Tie
13	9	0

Letter Winners: Yejoon Sim, Keenan J. Sparks, Xavier A. Abreu, Olilanya S. Ogueri, Diego L. Velez, Oliver L. Velez, Adam Landry, Cade Rutkoske, Robert O. Nyamwaya, Rashad A. McCormick, Whyett E. Benn, Isaiah V. Harris, Hunter Peabody, Isaac H. Lamson, Lincoln T. Beal

Award Winner:

Robert W Award - Robert O Nyamwaya

Boys Varsity Basketball

2023~2024 Schedule and Results

Sat	12/02/2023	Basketball BV	Zero Gravity Greenwich CD	A	10:30 AM	78-58	W	
Sun	12/03/2023	Basketball BV	Zero Gravity Milbrook	A	10:45 AM	73-52	W	
Wed	12/06/2023	Basketball BV	Holderness	A	4:00 PM	56-62		L
Sat	12/09/2023	Basketball BV	Roundball classic vs Blair	A	12:15 PM	66-75		L
Fri	12/15/2023	Basketball BV	A	1:00 PM	65-56	W		
Sat	01/06/2024	Basketball BV	Choate	H	1:45 PM	73-70	W	
Tue	01/09/2024	Basketball BV	Brooks	H	4:45 PM	56-54	W	
Wed	01/10/2024	Basketball BV	Worcester	A	5:15 PM	92-89	W	
Sat	01/13/2024	Basketball BV	Tabor	A	2:30 PM	76-88		L
Wed	01/17/2024	Basketball BV	Dexter Southfield School	A	3:30 PM	59-68		L
Sat	01/20/2024	Basketball BV	Deerfield	H	4:45 PM	66-72		L
Wed	01/24/2024	Basketball BV	Milton	H	5:45 PM			
Fri	01/26/2024	Basketball BV	Loomis	H	6:00 PM			
Sat	01/27/2024	Basketball BV	Noble & Greenough	A	2:00 PM	80-57	W	
Wed	01/31/2024	Basketball BV	Tilton	A	4:00 PM	60-72		L
Fri	02/02/2024	Basketball BV	Thayer	H	5:30 PM	57-54	W	
Sat	02/03/2024	Basketball BV	St. Sebastian's	A	4:30 PM	81-74	W	
Wed	02/07/2024	Basketball BV	Austin Prep	H	4:30 PM	74-57	W	
Sat	02/10/2024	Basketball BV	Williston	A	4:15 PM	59-62		L
Wed	02/14/2024	Basketball BV	St. Paul's	A	3:30 PM	54-60		L
Sat	02/17/2024	Basketball BV	Belmont Hill	H	4:30 PM	78-58	W	
Sat	02/24/2024	Basketball BV	Exeter	H	1:30 PM			
Wed	02/28/2024	Basketball BV	TOURNAMENT Loomis	A		66-58	W	
Sat	03/02/2024	Basketball BV	TOURNAMENT Taft	A		52-50	W	
Sun	03/03/2024	Basketball BV	TOURNAMENT Exeter	A		42-60		L



Phillips Academy Boys Varsity Basketball 2023-24

<u>No.</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
	Yejoon Sim	2025	Seoul, KOR
0	Keenan J. Sparks *	2024	York, ME
1	Xavier A. Abreu	2025	Lynn, MA
3	Olilanya S. Ogueri	2025	Providence, RI
4	Diego L. Velez *	2024	Irvington, NY
10	Oliver L. Velez	2026	Irvington, NY
11	Adam Landry	2024	Newton, MA
12	Cade Rutkoske	2026	New York, NY
13	Robert O. Nyamwaya *	2024	Andover, MA
15	Rashad A. McCormick	2024	Cornelius, NC
20	Whyett E. Benn	2024	Flower Mound, TX
23	Isaiah V. Harris *	2024	Groveland, FL
35	Hunter Peabody	2027	Andover, MA
41	Isaac H. Lamson	2024	Stow, MA
50	Lincoln T. Beal	2024	Andover, MA

* Captain

Coaches: Terrell Ivory, Dan Schneider, and Kenny Flynn

Managers: Layelle Abou-Ezzi '24, Mia Abou- Ezzi '25, Ella Guzman '24, Maya Rogers '25

Boys Varsity Basketball

In the News

Boys Basketball Dominates at Zero Gravity Prep Classic, Falls to Holderness

12/2 – Andover: 78, Greenwich Country Day: 58

12/3 – Andover: 73, Millbrook: 52

12/6 – Andover: 56, Holderness: 62

Record: 2-1

This past weekend, Andover Boys Basketball (2-1) opened its season at the Zero Gravity Prep Classic, taking the win against Greenwich Country Day and Millbrook School. On Wednesday, the team fell to Holderness by just six points.

Rashad McCormick PG'24 highlighted how impressive it was to defeat a team as challenging as Millbrook. Millbrook's current record is 3-1, with its only loss being against Andover.

"The win against Millbrook was a very good team, solid win. Everybody contributed from the defense and offensive side. We beat that team by a big margin, and that was a very good thing," said McCormick.

McCormick highlighted Xavier Abreu '25's performance. Despite being heavily guarded, he was able to significantly contribute to the score of the game, according to McCormick.

McCormick said, "He was shooting everything, he was very good that weekend. I think he finished for like 30 points that game. His shooting was unbelievable. He was getting double-team and face guarded. He fought through the contact and really fought well through it and still contributed."

Cade Rutkoske '26 emphasized the team's hard work in practice and its optimism for the new season. He noted Coach Terrell Ivory's (TI) investment in the team and his role in building the players' confidence.

"Practices are going really well. Everybody has been going really hard in practice. I think everybody's excited for the upcoming season and our upcoming home games... I mean, we have a lot of talent on that team. TI has said this himself, too, that it's one of the deepest teams or if not the deepest teams talent wise that he's seen in his 12 or something years of coaching here, so he's really excited about the season. And we're all excited about the season of the team and what we can do," said Rutkoske.

McCormick emphasized the team's drive and focus, whether it be in practice or in game.

McCormick said, "In practice, everybody is pretty locked in for the most part, everybody shows up, is attentive to all the plays that we run and other drills. Everybody is starting to learn where different spots on the courts are, run plays from. Everybody's really good, and in the games, everybody's just confident.

Everybody's playing with that chip on their shoulders. So I think a lot of people wanna prove that we're a good team this year."

While Andover was up at the end of the first half during Wednesday's game, it ultimately fell to Holderness 56-62. Hunter Peabody '27 noted the team's struggle to play at an intense level during the game.

Peabody said, "We started off pretty slow. We made some good plays [at the beginning], and we ended up winning at the end of the half, but our energy just slowed down, and we stopped playing intense defense, and they came back, and they ended up winning."

Despite the loss, Peabody highlighted the team's impressive offensive play. He mentioned that the team was lacking in terms of defense and morale.

"If we came out with more energy and we played harder defense, that's all we really needed. We looked fine on offense. It was really just the defensive side of the ball and less energy," said Peabody.

Peabody commended the team for its impressive beginning to the season. After losing this past Wednesday by just 6 points, Andover is hopeful and determined to come back strong.

Peabody said, "We had an amazing first weekend. I mean, we had two 20 point wins, and we were outstanding. Tough loss today, but we're ready to bounce back. But overall, we've looked very good to start the season two and one."

Andover Boys Basketball will compete at the Scholar Roundball Classic against Blair Academy on Saturday.

Theo Wei
Dec 8, 2023

Boys Basketball Falls to Blair Academy Despite Second Half Lead

Saturday 12/9 – Andover: 66, Blair: 75

On Saturday, Boys Basketball played away at the Scholar Roundball Classic against Blair Academy (Blair). While the team was up by eight points with seven minutes left in the game, it ultimately fell short.

Following a six point loss last Wednesday against Holderness, Head Coach Terrell Ivory '00 (TI) shared motivational advice with the team, prior to the game against Blair. Cade Rutkoske '26 noted how his guidance helped the team keep a positive outlook going into the game.

Rutkoske said, “We had a really bad loss against Holderness on Wednesday, and one of the things our coach, TI, mentioned was the concept that, ‘Who we are today is not who we are tomorrow,’ and who we were at that game was not who we are as a team. That helped us realize that if we played hard, we had a solid chance against Blair.”

Additionally, Rutkoske recalled the team’s preparation prior to the Blair game. Andover focused on improving its offense and swinging the ball around more. By playing three-on-three, players scrimmaged under pressure and worked on its defense.

“We knew that Blair academy were really good on-ball defenders. They are an aggressive, quick, and athletic team and one of the main things we worked on in Thursday and Friday practices was doing a lot of three-on-three drills with limited dribbles. That helped us work on our offense and specifically swinging the ball and building good habits of setting screens, and screening away from teammates and cutting,” said Rutkoske.

Rashad McCormick PG'24 noted the competitive atmosphere drove Andover into performing with confidence and determination. Blair Academy ended its 2022-23 season with a 14-4 record, falling to St. Benedict’s in the final round of the Prep A Tournament. Andover went into the tournament, prepared for a demanding matchup.

McCormick said, “It’s always fun playing against a strong team because it hypes everyone up. It was an intense and fun game to be a part of. The energy of the whole team was really good.”

Blair holds a record of 7-1 this season, Hunter Peabody '27 noted that Andover played well against such a talented team, reflecting on how well the team will be performing this season. The game showed the team its potential, motivating it for future matchups.

Peabody said, “This is definitely the best team we’ve played, and probably the best teams we will play, so the fact that we played them so well will give us motivation that we can beat any team in the league... The biggest thing is that we proved to ourselves that we are a very good team, and we can go up against the best teams, and there are no teams we feel like we can’t beat, which is really important.”

Andover played with aggression and power against Blair, setting it up for its next game. Rutkoske pointed out that the team will capitalize on areas of improvement and focus on fluid offensive and defensive plays.

Rutkoske said “We started off the season very strong with two wins so moving forward the first goal is obviously to win, but another big thing is unselfishness and being on the same page. And part of that comes from practice and going over plays and making sure everyone knows what to do, while comfortable in their role. We have four practices before Suffield, so I think we will be able to prepare for that game.”

Boys Basketball will travel to Suffield Academy on Friday.

Katherine Rodgers
Dec 15, 2023

Boys Basketball Starts Season With Three-Game Win Streak

1/6 – Andover: 73, Choate: 70 OT

1/8 – Andover: 56, Brooks: 54

1/10 – Andover: 92, Worcester Academy: 89 OT

To begin the new year, Andover Boys Basketball (6-2) took on Choate, Brooks, and Worcester Academy (Worcester). In these games, the team took all three wins, despite its games against Choate and Brooks coming down to the last possession.



In the team's first game against Choate, it fought a battle from behind but began to close the gap and take the game into overtime. According to Cade Rutkoske '26, the energy brought by the team's home opener propelled them to play hard and take the win.

Rutkoske said, "It was the first home game of the season, so I think that everybody went into the game with a little bit of extra motivation to come out with a win. Especially playing at home, you see people in the crowd and get a feeling of playing for and representing your community and your school. We all really wanted to get the win so I think the energy was pretty high."

Following Andover's game against Choate, it faced off with Brooks at home, which ended in a narrow win. Isaiah Harris '24 spoke on the team's ability to use the home advantage to steal the game away from Brooks.

"It was our second home game and we went in definitely hoping not to lose. We faced Brooks... and they beat us last year. So, we wanted to get our get-back on them. Everyone wanted to do well and take advantage of the opportunity of being home to just win and compete. Going into the game, we wanted to focus on moving the ball and communicating on defense," said Harris.

Despite a so-far undefeated 2024 season, the team has played close games that have come down to the wire. Rashad McCormick PG'24 spoke about how the team has been able to lift itself back into the game in the last few minutes.

McCormick said, "We prepare for that in practice: we do situations like down by five, two minutes left, and we have to try to come back and win the game, and we actually did that in the game against Choate, which went past regulation. So in our game, we felt confident in our ability to make the comeback and seal the game in overtime. We have some mental athletes on our team and everybody gets it together at the end, and fights for the win."

After fighting an intense battle against Worcester in overtime, the team showed its stamina in taking home another win from the road. After the victory, Rutkoske mentioned some of the weaknesses that the team cleaned up in the game against Worcester.

"We played solid as a team but there are definitely things that we need to continue to think about [and] work on. We watched a film Monday night just to see some of the things that went well for us... We rebounded the ball really well. I think Rashad had around 14 rebounds in that game so that was something that we really wanted to continue working on and to continue to be adamant about," said Rutkoske.

Andover saw everything from huge comebacks to important defensive plays. Among these, McCormick highlighted the playmaking and shooting of Diego Velez '24.

McCormick said, "Diego played really hard, he tried his best, he hit big-time shots for us, and just played a great game. He had an impressive showing today against Worcester. He played amazing, he had a game-winner, he had about four or five threes, and was there to send the game to overtime, all while playing hard on defense. He's one of those guys you need because he just brings the energy every time."

Andover travels to Tabor Academy on Saturday.

Orla Naughton

Jan 11, 2024

Boys Basketball Falls Short in Defense Against Deerfield

Saturday 1/20 – Andover: 66, Deerfield: 72



Andover Boys Basketball (6-5) displayed determination against Deerfield on Saturday, but ultimately lost the critical game.

Despite offensive delivery, the team fell short on defense, noted Co-Captain Robbie Nyamwaya '24. This game was crucial in determining the Class A New England Preparatory School Athletic Council (NEPSAC) standings.

"It was a bit disappointing. It was a pretty big game. It was a conference opponent. But I think we showed heart and we fought back... We were down

by a lot but then we fought back into a tied game and we did take the lead once," said Nyamwaya.

Co-Captain Keenan Sparks '24 also emphasized the team's difficulty with persistence through defensive troubles.

"I don't think our offense was the problem at all. We made a lot of shots and we moved the ball well. I think it was just we struggled on defense and getting stops when we needed to and just rebounds, mainly defensive rebounds. I know that the week before against Tabor [Academy], we had the same issue when we gave up at least 20 offensive rebounds," said Sparks.

Sparks highlighted Xavier Abreu '25 as a standout player whose offensive prowess helped the team stay in the game. Sparks also credited Nyamwaya for his defense.

Sparks said, "[Abreu] made a lot of shots in the first half. And then Robbie did a good job, I thought he played well. I mean, he didn't make all his shots, but he did a good job on defense and he did a good job on rebounding and he played tough."



The home crowd raised the team's morale, according to Nyamwaya. Faculty also got invested in the game, some even helping out the players. Nyamwaya recalled the advice of Jamal English, Instructor in English.

Nyamwaya said, "The atmosphere was great. A lot of people showed up [for] this Saturday game and they kind of helped us fight back into the game, giving us energy and the crowd cheering when we made shots... Shout out to Mr.

English. He gave me some good advice at halftime that helped me play better

and be more effective."

Despite its three-game losing streak, the team remains optimistic for its upcoming games. Sparks noted the team's goal to focus on the remaining regular season games.

"The energy has been really good. Obviously, losing is not fun, but I think the next practice [after the game] on Monday was good and [we are] just focusing on the next games because there [are] still a lot of games left. We still have ten Class-A games left, there's still a lot of games left," said Sparks.

Even without school in the upcoming days, the team will continue to hold practices, according to Hunter Peabody '27. Peabody highlighted multiple areas where the team could sharpen its game.

"We are going to work on moving the ball and kicking it out for transition layups. We will also work on spacing across the perimeter for open kick out threes as well as shot creation. We have to work on boxing out and hitting a man as well as push-denying the wings and corner while playing offball defense," said Peabody.

Andover Boys Basketball will play away at Tilton School on Wednesday.

Aaron Huang

Jan 25, 2024

Boys Basketball Plays Three Games in Five Days, Falling Short to Williston Northampton and St. Paul's and Defeating Noble and Greenough

Saturday 2/10 – Andover: 59, Williston: 62

Monday 2/12 – Andover: 80, Noble and Greenough: 57

Wednesday 2/14 – Andover: , St. Paul's:

Boys Basketball (8-7) *add weds game* made an admirable effort against Williston Northampton (Williston) on Saturday. The team was able to build up to a 59-59 tie against Williston, though ultimately fell three points short. On Monday, the team traveled to Noble and Greenough (Nobles) and returned with a win. On

Wednesday, the team fell to St. Paul's. Boys Basketball has only one game remaining before the annual Andover/Exeter game.

On Saturday, the team worked hard to adapt to Williston's big zone defense. When Boys Basketball's original offensive plan wasn't working, Head Coach Terrell Ivory '00 decided to switch up the play midway through the game, which allowed the team to recover with a score of 59-59, before Williston scored an additional three points.

"We had to make some adjustments because what we were originally doing wasn't necessarily working and when we called the timeout, they easily ran into the new play and did a really good job of executing it on the fly. So they did that multiple times and it ended up helping us out a lot in the second half," said Coach Ivory. At Williston, Coach Ivory shared the team's developing new offensive strategy, where players aim to create shooting opportunities for not just themselves, but others too.

"It's more of this idea of team-oriented offense and not necessarily relying on one individual to create shots for themselves and allowing the team to create shots for good opportunities, instead of one person trying to create opportunities for themselves," said Coach Ivory.

On Monday, the team secured a win against Nobles. Rashad McCormick PG'24 highlighted Adam Landry PG'24's performance on the court.

"It was a good refreshing game to have with the team. Everybody had fun... I would say Adam Landry [played well], he was pretty impressive that game. I think he had like he was three for three... He was probably one of the best," said McCormick.

On Wednesday, Boys Basketball fell to St. Paul's. According to Co-Captain Keenan Sparks '24, the team went into its game on Wednesday having prepared beforehand by analyzing film from the other team, practicing against Nobles' defensive plays, and polishing their offensive strategies.

"In practice, we do a lot of defensive drills with just a big emphasis on communication, and offensively there's been a real emphasis on moving the ball around a lot, and trying to minimize our dribbles. We usually watch films of the other team, which is helpful to know their plays and what they do on defense and how we can attack that offensively. Then in practice, we run through their plays," said Sparks.

On Wednesday, Boys Basketball fell to St. Paul's, and according to Sparks, the team's performance against St. Paul's didn't produce the result that the team had hoped for.

"We never really got going offensively. They were a pretty tall team and crashed the offensive glass a lot. Sometimes, we just had mental lapses or we didn't communicate on defense. Offensively, we had some careless turnovers," said Sparks.

Coach Ivory hopes to build off of the work the team has done so far this season. He puts an emphasis on the importance of honing in on specific offensive skills.

"We've worked hard this year to build good habits and continue to get our team defense better. So, we'll work on that and some adjustments to our offense. We've got to be making multiple passes in a possession and get great shots, not necessarily good shots, and definitely no bad shots," said Coach Ivory.

Boys Basketball will play at home against Belmont Hill on Saturday.

Maya Rogers

Feb 15, 2024

Boys Basketball Coach Terrell Ivory '00 Emphasizes a "We Over Me" Mentality



In his 12th year of coaching at Andover, Boys Basketball Head Coach Terrell Ivory '00 (TI) considers himself to be a caring and intense coach. After completing a postgraduate year at Andover, TI played Division I basketball at Davidson College. He was then an assistant coach at Blair Academy for three years before coaching at Davidson College and Colgate University.

When TI stopped playing basketball, he still hoped to be involved with the sport and pursued coaching as a pathway to helping kids and giving back to basketball.

"I love playing basketball and I wanted to continue playing as long as I possibly could, but I knew, once I stopped playing, I still wanted to be involved. Just for me, helping kids out the way that some of my coaches

and mentors helped me out. It felt like a job that I would find fulfilling. And for me, it's just trying to help kids in as many ways as possible," said TI.

Having had TI as a coach for three years now, Olilanya Ogueri '25 highlighted TI's emphasis on being focused but also his playful demeanor that creates a healthy team environment.

Ogueri said, "I'm one of the few guys... that's been on the team since [Junior Year], so I've got to hear him a lot. One thing he's taught me is definitely being able to buy into a team and being able to know your role... He also prioritizes having fun. He always cracks a lot of jokes and puts us first."

TI's college coach introduced the "we over me" mentality to TI, who now upholds the value through his own coaching. TI looks for athletes who are selfless and act in the best interest of the team.

"My college coach taught me something important. I want kids who are selfless. And, he always said, 'If you help somebody, you help yourself.' So, I think being a good teammate, being able to make sacrifices, and this idea of 'we over me' is really important," said TI.

In a recent game, TI recalled Xavier Abreu's '25 outstanding performance, in which he demonstrated the "we over me" mentality.

TI said, "One of our kids, Xavier Abreu, was having an unbelievable game. He was just making so many shots, and he was on fire... And, they were working hard to make sure that he was successful, which meant the team was successful. There was this one particular time at the end of the first half where he had the ball, and it was a two-on-one. He could have taken the shot, but he passed it to an open teammate in the corner... [At] that moment, everybody was trying to get him the ball, and he was on fire... and he made the decision to pass it to an open teammate and let them take the last shot for the half."

Abreu also mentioned selflessness as being prevalent on the Boys Basketball team. Abreu noted TI's dedication and sacrifice for the team, and how this propels Andover to constantly play its hardest, focus, and be attentive.

"TI really stresses a selfless culture within our team. He stresses doing little things that help your teammate which eventually could help yourself later, down the line, and then help the team in general... And he's a guy that'll go to war for us in the games, and you can always feel how much he cares for us. That really helps us stay focused, pay attention to the little things, and do whatever it takes for us to win," said Abreu.

TI's favorite part about being a coach is getting the privilege of watching his players grow and evolve.

TI said, "I would say my favorite part is seeing kids grow in a lot of different ways from when they come here to especially when they leave and graduate and then I get to see them when they come back. I always help them understand that they're always going to be a part of the program, and then you see them go out to the world and do amazing things and become people who go out to the world and make the world a better place."

Sophia Cratty
Feb 23, 2024

Co-Captain Diego Velez '24 Brings Teamwork and Competitive Spirit to Boys Basketball



Andover Boys Basketball Co-Captain Diego Velez '24 embodies competitiveness. He started to play basketball in a YMCA Youth League in the Bronx when he was five, and his countless hours of practice and unwavering dedication give a shining example to the rest of the team. In addition to being captain of the Boys Basketball team, he is also captain of the Andover Football team, a nod to his leadership that transcends beyond basketball.

According to Isaiah Harris '24, Velez is one of the hardest-working individuals he knows and serves as an inspiration to his team. He noted that Velez leads by example, always pushing himself to become a better basketball player.

Harris said, "He's kind of a scrappy player who just never backs down from anything and demands more from himself than anybody. He's always very hot with himself, which is what I love about him because he always wants to strive to be better each and every day."

Coach Terrell Ivory '00 (TI) echoed Harris's statements. On the court, Coach Ivory noted that Velez is one of the most competitive players he has ever coached. He also mentioned that Velez is incredibly vocal and always helps the younger players.

TI said, "He's one of the toughest kids that I've ever coached. His will to win is unbelievable. He's the ultimate competitor, and he's one of those teammates that you just love having on your team. And I would not want to play against him. He plays hard. He makes good decisions. Anytime you have somebody like that on the team, he just inspires his teammates to be so much better."

TI highlighted Velez's leadership style, noting that it is a reflection of his style.

"As a captain, he's done a good job of leading. He's been vocal. He helps the younger kids understand what it means to be a part of the program. He sort of says he's an extension of me in the sense that he sets high expectations for the kids. And I think he helps me be a better coach," said TI.

Velez motivates his teammates by staying vocal on the court, echoing Coach Ivory's words. He mentioned that every detail is important and that drills are what translate into the game.

Velez said, "The main thing is making sure the energy is up. Just being loud. If one person is loud, people follow. That is how we keep people focused. Even the smallest drill in practice matters; all of those drills translate to the game, and if you don't practice at your game level, you don't succeed. So that is how I keep the energy up in practice and in games."

Harris recalled a game where Velez's talk influenced the players to use their competitive drive and play with morale until the end.

Harris said, "When we lost by 15 to this team that was absolutely not at our level at all, he just gave a talk to us about, like, how we have to be better and what we need to do to get to where we want to be, which is to win a Championship in the long run. So, I think that made me respect him even more because coming from a medium account myself, it shows me what I could do as well."

Collaboration and trust are values that Velez leads by. He noted that basketball is a team sport and that every player is important in the success of the unit, regardless of the role they play.

"Teamwork is the most important, but that goes hand in hand with selflessness. Basketball is a team sport, and we need everyone on the team to contribute in their own way. To be successful, everyone is really important," said Velez.

Velez will continue his football career playing Division III at Wesleyan University.

David Siahaan

Feb 23, 2024

Boys Basketball Co-Captain Keenan Sparks '24 Ignites Sparks within the Team



After Boys Basketball Co-Captain Keenan Sparks '24 came to Andover as a Junior during the beginning of Covid-19, he was soon faced with the challenge of losing one year of high school basketball. However, Sparks has risen to lead the team regardless of setbacks.

Sparks said, "It's been a great experience just to be able to lead, and I know definitely it's been something I've had to work on throughout my years. So, I think just being put in that position and being able to lead and just on the court and off the court has been an incredible opportunity and I've enjoyed the season a lot."

Sparks noted the chemistry between the captains. He highlighted a game against Worcester Academy (Worcester), where Andover was the underdog coming into the game. Although the team was down during halftime, Sparks recalled Co-Captain Diego Valez '24 and his performance that led to an upset win.

Sparks said, "We were down in the first half by like a good amount, I think 10 or 12 points. We made a big comeback, and then I hit a buzzer-beater three to send it to overtime. Then Diego hit a buzzer-beater three to win the game."

As the season comes to an end, Sparks commented on the team's growth. Despite setbacks, the captains have been intentional in working to improve the team and uplift the players.

“There’s definitely been some ups and downs, but I think overall we’ve really done a good job of just learning from our mistakes and I think from the start of the season we’ve had a lot of growth. Like offensively, [at] the beginning of the season, we were kind of stagnant and we didn’t share the ball as well. But, I think now we’ve done a lot better at just moving the ball and just playing together as a team,” said Sparks.

A noteworthy tradition that the team captains have implemented is the talks before each game begins. Sparks discussed the importance of sharing feedback and coming together as one to begin the game.

Sparks said, “I’ll say before the game, after our layups, with a couple minutes left, we like to get huddled up around the free throw line and just kind of talk about the game and just like how we want it to go. So, I think just having that communication before the game and we’re all on the same page is super helpful.”

Part of a successful team is for players to hold accountability. Sparks mentioned providing each player feedback during practice and holding them to a standard that can lead to team success.

Sparks said, “Whether it’s talking to them through plays and on defense, just communicating with them and telling them where they need to go. When we’re watching film, just picking out stuff that we can do better.”

Andover will play Phillips Exeter Academy (Exeter) on Saturday, a game that will determine if Andover can proceed to the playoffs. Sparks talked about his aspirations to go into the playoffs and noted the team’s preparations.

Sparks said, “We’ve really been just preparing for that this week. Usually we’ll have a game on Wednesday or Friday, so it’s been good to just have the whole week to practice. Hopefully we’ll get into the playoffs once we win this game. So just taking advantage of every opportunity and really just treating every game now like a playoff game.”

Theo Wei

Feb 23, 2024

Boys Basketball Co-Captain Robbie Nyamwaya ’24 Prioritizes Positivity and Connection



Boys Basketball Co-Captain Robbie Nyamwaya ’24 leads through inclusion and encouraging personal connection across the team. He strives to be a role model for the younger players on the team, putting an emphasis on communication and optimism.

Nyamwaya started his basketball career at around four years old. He shared that the contentment he felt on the court initially got him invested in the sport. “I felt like I was always happy on the court, so I just decided to do something that made me happy. No matter what time it is, or no matter how I’m feeling, I

can go and get some shots up, and I feel like I’m at peace,” said Nyamwaya.

Nyamwaya’s positivity was highlighted by teammate Olilanya Ogueri ’25. He noted Nyamwaya’s ability to connect the team on and off the court.

“[Nyamwaya] texts us if we’re having a bad game, or if there’s some internal stuff within the team. He always makes sure that we sort it out off the court. I think our team chemistry this year is actually a lot closer than it has been in the past other two years, and a big part of that is our current captains.”

Nyamwaya shared that he aims to be a role model on the team, especially for the younger players. He mentioned his hope that his younger teammates could one day model his leadership style.

Nyamwaya said, “I try to be the best person that I can be around the younger guys. I try to be someone that they can look up to, someone they can follow, and maybe one day model their character after. I try to be the best teammate [and] friend that I can be.”

Ogueri emphasized Nyamwaya’s efforts to involve each player on the team. He noted that Nyamwaya works to connect with teammates off of the court.

“[In] our group chat, Rob [Nyamwaya] and [the younger players] are always talking to each other, always hanging out. If I see Rob, he’s always making the underclassmen feel happy. Actually, one of the first times we met [Oliver Velez ’26] was last year on the Montenegro trip... Ollie was a pretty quiet kid. He had just met the team. Rob always made him feel invited. He would always invite him into the conversation. And I think part of the reason we’re so close is because of how welcoming he is, and how everybody really looks up to him, especially since he’s one of the older guys on the team,” said Ogueri.

Despite only playing with Nyamwaya this year, Jeremy Woodley shared some of his leadership skills. In addition to being an overall great leader, he noted that Nyamwaya strives for an inclusive team environment where communication is prioritized.

"I've only seen him this year, but he's a really good communicator and talks well on the court, gets everyone involved, great leader," said Woodley.

Nyamwaya shared some of his core values as a co-captain. He prioritizes the team dynamic, putting an emphasis on optimism.

"I always try to be positive, no matter what's going on, no matter if we're winning or losing, and I think that's something that our team is doing really well. I feel like no matter what's going on we all have each other's back, we all have great chemistry, and so I try to always be their leader and try to be a captain to that," said Nyamwaya.

Nyamwaya hopes to continue his basketball career in the future.

Maya Rogers

Feb 23, 2024

Boys Basketball Co-Captain Isaiah Harris '24 Brings Spirit and Work Ethic to the Team



Boys Basketball Co-Captain Isaiah Harris '24 prioritizes becoming a role model for his younger teammates and instilling his love for the sport in others. With his upbeat energy and dedication, Harris shaped the close-knit team dynamic and consistent drive for success.

Harris shared the transition he has made from leading by example to assuming a stronger voice on the team. His goal is to bring spirit to Boys Basketball.

Harris said, "I'd say in the past I was more of a lead by example type of person, but

I'd say, in the last couple years, I'm more of a vocal person trying to get the team going."

As a Co-Captain, Harris builds team chemistry through humor, while helping create and maintain a collectively ambitious mindset for the team.

"I like to joke with the guys, make sure we have that camaraderie, and at the same time, just keep that competitive edge and make sure we're all doing what we're supposed to do," said Harris.

Cade Rutkoske '26 described Harris as a role model, highlighting his leadership, especially amongst the younger players. He also commended Harris for his work ethic while battling an injury.

"I think he's a great role model for people on the team, especially for the younger guys who look up to the seniors and look up to the captain. I think that's one way he leads the team, and he's obviously a hard worker. Earlier in the season he was going through [physical therapy] a lot to try to get healthy for the season, so his work ethic is also inspirational," said Rutkoske.

Fellow Co-Captain Robbie Nyamwaya '24 describes the brotherly relationship he has with Harris. The idea of finding family within the team significantly boosts the team dynamic during a game.

"I would say we are all brothers before teammates, so our chemistry is unmatched. We have all played with each other for a bit, so we understand how we play," said Nyamwaya.

Harris believes his persistence on the basketball court speaks to his attitude of always striving to get better and push for a better self.

Harris said, "I'd say I'm just like a relentless, scrappy type of player that just doesn't back down from anything. I always try to do whatever that surpasses any expectations anyone has of me.

And, I try to do the things that a lot of people don't want to do, which is like chasing loose balls or boxing out, actually getting a rebound, just the extra things. I guess going back to your question about how it relates to me as a person, it's just me having that drive to want to be better and demand more for myself every day."

Rutkoske admires the determination and competition that Harris brings to the team. According to Rutkoske, despite being injured, Harris worked hard to return to the court, coming back ready to win.

"I think [Harris] is a great teammate and a great captain and leader. He's been here for a long time, so as a Senior, he's gone through a lot of adversity and a lot of ups and downs. So, he's definitely mature and a great leader. He's been hurt for some time, and this year as a Senior, he's finally back and I think overall he just

really wants the team to win. He's a really competitive player, and he's just a good guy all around," said Rutkoske.

Aaron Huang
Feb 23, 2024

Girls Varsity Basketball

2023-24

Head Coach: Jennifer Weissbach

Assistant Coaches: Molly Creamer

Captain: Valerie Y. Ha & Leila N. Boesch-Powers

Managers: Prince LaPaz, Elise Monir, Carolina Tieppo, & Tyler Tran

Overall Season Record

Win	Loss	Tie
10	16	0

Letter Winners: Leila N. Boesch-Powers, Emerson H. Buckley, Laney R. Cafua, Sophie N. Dandawa, Ava B. Davey, Valerie Y. Ha, Akari Imai, Anni M. Juusela, Ruby S. Kokinos, Prince G. LaPaz, Elise Minor, Alani A. Rodriguez, Cuyler R. Sparks, Hannah M. Surrette, Carolina B. Tieppo, & Rose I. Juma

Award Winner:

ROBERT L. WURSTER BASKETBALL TROPHY- Valerie Y. Ha

Girls Varsity Basketball

2023-24 Schedule and Results

Sat	12/02/2023	Basketball GV	Pomfret	A	4:30 PM		53-6	W	
Wed	12/06/2023	Basketball GV	Worcester	A	5:15 PM		35-53		L
Sat	12/09/2023	Basketball GV	Loomis	H	4:00 PM	Memorial Gym, Andover	35-61		L
Wed	12/13/2023	Basketball GV	St. George's	H	4:00 PM	Memorial Gym, Andover	35-54		L
Fri	12/15/2023	Basketball GV	Groton Tourney Suffield	A	4:00 PM	at LA 23	35-52		L
Fri	12/15/2023	Basketball GV	Groton Tourney LA	A	7:00 PM	at LA 23	46-61		L
Sat	12/16/2023	Basketball GV	Groton Tourney	A	10:00 AM	tbd	48-51		L
Sat	01/06/2024	Basketball GV	Choate	H	4:45 PM	Memorial Gym, Andover	41-59		L
Wed	01/10/2024	Basketball GV	Brewster Academy	A	5:45 PM		39-45		L
Fri	01/12/2024	Basketball GV	Governor's Academy	H	5:00 PM	Memorial Gym, Andover	35-58		L
Sat	01/13/2024	Basketball GV	Milton	A	2:00 PM		43-28	W	
Wed	01/17/2024	Basketball GV	Thayer	H	5:15 PM	Memorial Gym, Andover	46-54		L
Sat	01/20/2024	Basketball GV	Deerfield	H	1:45 PM	Memorial Gym, Andover	57-26	W	
Wed	01/24/2024	Basketball GV	St. Paul's	H	4:00 PM	Memorial Gym, Andover	49-38	W	
Sat	01/27/2024	Basketball GV	K.U.A.	H	3:15 PM	Memorial Gym, Andover	52-38	W	
Wed	01/31/2024	Basketball GV	Brooks	A	4:00 PM		46-56		L
Sat	02/03/2024	Basketball GV	Middlesex	H	3:30 PM	Memorial Gym, Andover	34-38		L
Wed	02/07/2024	Basketball GV	Austin Prep	A	5:15 PM		45-40	W	
Fri	02/09/2024	Basketball GV	Dexter Southfield School	A	5:15 PM		35-84		L
Sat	02/10/2024	Basketball GV	Pingree	H	3:15 PM	Memorial Gym, Andover	48-37	W	
Wed	02/14/2024	Basketball GV	B. B. & N.	H	4:30 PM	Memorial Gym, Andover	38-50		L
Sat	02/17/2024	Basketball GV	NE8 Deerfield	A	10:00 AM	SPS	46-39	W	
Sat	02/17/2024	Basketball GV	NE8 Exeter	A		SPS	57-38	W	
Wed	02/21/2024	Basketball GV	Holderness	A	5:00 PM		35-49		L
Sat	02/24/2024	Basketball GV	Exeter	H	3:30 PM	Memorial Gym, Andover	52-44	W	
Wed	02/28/2024	Basketball GV	TOURNAMENT Loomis	A			32-65		L



Phillips Academy Girls Varsity Basketball 2023-24

<u>No</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
1	Valerie Y. Ha*	2024	Hong Kong, CN
4	Leila N. Boesch-Powers*	2024	Cambridge, MA
5	Hannah M. Surette	2024	Woburn, MA
10	Akari Imai	2025	Singapore
11	Ava B. Davey	2025	Andover, MA
12	Ruby S. Kokinos	2026	Arlington, MA
13	Cuyler R. Sparks	2027	York, ME
14	Alani A. Rodriguez	2027	Haverhill, MA
15	Sophie N. Dandawa	2025	Derry, NH
20	Anni M. Juusela	2024	Kauniainen, FL
24	Laney R. Cafua	2027	Andover, MA
25	Emerson H. Buckley	2025	Methuen, MA

*Captain

Head Coach: Jennifer Weissbach

Assistant Coach: Molly Creamer

Managers: Prince LaPaz, Elise Monir, Carolina Tieppo, & Tyler Tran

Girls Varsity Basketball

In the News

Andover Girls Basketball Begins Season With Win and Loss

12/2 – Andover: 53, Pomfret: 6

12/6 – Andover: 35, Worcester: 53

Record: 1-1

Andover Girls Basketball (1-1) began their season playing against Pomfret School and Worcester Academy. Away at Pomfret, Andover dominated the court throughout the entire game, convincingly winning 53-6. Andover unfortunately fell short against a strong Worcester team, ending the week with a 1-1 record. Andover's game against Pomfret was their first game as a team, as many new players joined. However, according to Cuyler Sparks '27, they played well together defensively and transitioned well, leading to a successful game.

Sparks said, "We won 53-6. It was our first game. It is a fairly new team. We have a lot of young players, a lot of new Seniors, and PGs with only one returner starting. Defensively we played really well, and we were able to transition into offense as the game went on as well."

Alani Rodriguez '27, new to the team, praised Anni Juuselo '24 for her exceptional work ethic, emphasizing her strength in executing challenging layups and finishes under the basket, which contributed to her 20-point performance.

"Anni Juselo played really well she had twenty points. She made a lot from under the basket with layups and hard finishes. She was also really good from the free throw line, which was good," said Rodriguez.

Leila Boesch-Powers '24 expressed pride in the team's resilience during their challenging match against Worcester on Wednesday. She believes that by enhancing their strengths and integrating new players, the team has the potential to have a successful season.

"I think that we played very tough against Worcester. Starting from the first minute, everyone was rushing on the court and playing defense and playing like a team and just playing tough and showing Worcester what we could do and that we really wanted the win. I think we left everything on the court, and am very happy with how we played," said Boesch-Powers.

There are many things that Girls Basketball is hoping to improve on going into their next game. Laney Cafua '27 noted that they have been working on offensive plays to gain more confidence at the hoop.

Cafua said, "As a team, we are definitely working on playing fast and playing with aggression. Playing at a high level requires a lot of aggression. I think our team does a great job of this. We are also working on pushing each other as hard as possible in practice, which leads to a great outcome against other teams."

Sparks agreed with Cafua's statement that the team must get more comfortable with their plays on offense. She also added that running the transition offense was the most important thing they are practicing this season.

Sparks said, "We are working on playing offensively. Just running the offense, I think. That is the biggest thing going into the season. Being able to run our transition offense well will be the main thing we will be working on."

Andover Girls' Basketball is set for an exciting season with a lineup of difficult opponents. Rodriguez particularly highlighted the anticipation for the Phillips Exeter Academy (Exeter) game, emphasizing it as the most significant and thrilling match of the year.

"Along with the team, we are really excited to play Exeter, which is our rival school, at the end of the term, and we would love to win two years in a row against them," said Rodriguez.

Boesch-Powers agreed that Exeter was its biggest competitor. She also acknowledged that there is a long road of games before their game against Exeter, but she is still very excited.

Boesch-Powers said, "I have to say Exeter, that game is always electric, especially since it is at home on Senior night. Of course, we still have a lot of competition and games before that game, but I am still very excited."

Andover Girls Basketball plays Loomis Chaffee at home on Saturday.

Girls Basketball Suffers Back to Back Losses Against Loomis Chaffee and St. George's

Saturday 12/9 – Andover: 35, Loomis Chaffee: 61

Wednesday 12/13 – Andover 35, St. George's: 54



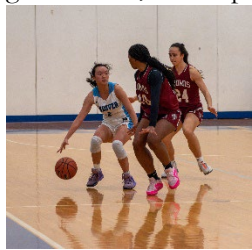
Andover Girls Basketball fell to Loomis Chaffee (Loomis) in its home opener this past Saturday. Following the defeat, on Wednesday, Andover fell short again against St. George's. The team's record now stands at 1-3.

Cuyler Sparks '27 noted that in the game against Loomis, Andover was at a disadvantage when it came to the height of the players. Despite this, the team was able to adapt while also maintaining its positive energy.

Sparks said, "It was our first time playing against tall players and big guards. We did a good job adjusting, even though it was a bit difficult since we are on the smaller side. But we kept the energy and played good defense."

Andover has played just four games out of its 24 regular season games. Sparks emphasized the importance of building momentum early on in the season.

"Every day, before a game, our main goal is to build confidence. We do a lot of shooting and running our transition offense. We work on transition plays and press breaks and we just work to get us ready for the game ahead," said Sparks.



Commenting on the team's loss to St. George's on Wednesday, Alani Rodriguez '27 emphasized the improvement that the team made as the game progressed, but mentioned the importance of the team starting off games stronger.

"The team played well, took a tough loss today, but we definitely played very intense in the second half. Second-half energy was what we needed in the first half, but it's definitely something to work on," said Rodriguez.

Ruby Kokinos '26 shared similar sentiments, noting that the team is looking at these games as a learning experience for the rest of the season. In the future, Andover is

focused on keeping the same level of intensity from the beginning of a game to the end.

"A lot of the focus is on what we can learn from these past games. Mostly, starting off strong and executing on our plays. It is the start of the season, so it is important for those to be put in," said Kokinos.

According to Sparks, despite the slow start, the team was able to put points on the scoreboard, in large part, due to Sophie Dandawa '25's performance during the second half. Sparks shared that Dandawa's high level play greatly aided the team.

Sparks said, "I would say that for St. George's, Sophie, our small forward/shooting guard, got us back into the game. She played really good defense, got a lot of steals, and led our transition offense to help us mount a comeback in the second half despite being down."



When asked about how the team plans on recovering, Sparks noted the importance of studying film from the past games, so that it can be applied to future ones. With it being early on in the season, Sparks shared that it will take time to get to know one another on the court, but as long as the team stays committed to working hard, it will improve.

"[To bounce back] watching a lot of film, learning from it, applying it, and getting better from it is important. We pride ourselves in working harder than the other team and continuing to work hard on defense, and everything else will

come with it. As long as we keep moving forward and getting better, I am not really worried, as we are still getting to know each other on the team," said Sparks.

Andover will compete in the Groton School/Lawrence Academy Holiday Tournament this weekend.

Dec 15, 2023

Girls Basketball Wins Big Against Deerfield

Saturday 1/20 – Andover: 57, Deerfield: 26

Andover Girls Basketball (3-7) won in a dominant performance against Deerfield on Saturday. Andover hit six threes in the game, a season-high, while also shooting 70 percent from the free throw line.

According to Co-Captain Leila Boesch-Powers '24, the beginning of the game was crucial to the team's success, as teammates placed great emphasis on starting with strength. She highlighted Co-Captain Valerie Ha '24 for helping the team seize an early advantage.

Boesch-Powers said, "As a team, we've been talking about setting the tone of the game early. So, I would say Valerie's breakaway layup at the very beginning of the game was a great energy booster and set the tone of our game early."

Anni Juusela '24 shared a similar sentiment to Boesch-Powers, stressing the importance of establishing good energy at the start of the game.

Juusela said, "I think it was a very important thing that we started off the game with such good energy. We went hard from the first minute and that really set the tone for the whole game. It was a great start and that was a crucial part of the game, I think. Even though we had the lead, we really kept on working hard in each possession, and we had the mindset that every possession matters."

According to Head Coach Jennifer Weissbach, teamwork has been crucial for the team in every game this season. For her, the win against Deerfield was a collective effort more than anything else.

"Teamwork is everything. We've been working hard this season to build the culture the way we want it to be. Incredibly proud of how the kids have bought into my vision for the program and also bought into each other. I think our win against Deerfield was the epitome of a full-team win. Everyone got playing time, everyone contributed on the floor, and I think the energy in the gym was special," said Weissbach.

Boesch-Powers noted that on the offensive side, finishing was a notable strength, while on the defensive end, the team excelled in stealing the ball and defending the paint.

Boesch-Powers said, "We took and made some really good shots and we attacked the basket very well, making some great layups. We also played very tough defense, getting a lot of steals and preventing them from making a lot of shots near the rim."

Following the game, Weissbach discussed the team's focus for practices this week.

"We are working hard on I would say a couple things, but things we're prioritizing are finding ways to ensure that we take care of the ball. We need to limit turnovers as much as possible, and the team is working really hard to find ways to get open, find ways to make great passes, and find ways to set up their teammates for success. we're continuing to work on execution. So, knocking down shots, running our plays through, and hitting screens are all things that we've been working on all season and especially the last week," said Weissbach.

Andover Girls Basketball will face Kimball Union Academy at home on Saturday and Brooks away on Wednesday.

Alexander Dimnaku

Jan 25, 2024

After Beating Kimball Union Academy, Girls Basketball Suffers Loss Against Brooks

1/27 – Andover: 52, Kimball Union Academy: 38

1/31 – Andover: 46, Brooks: 56

After missing its Wednesday game against St. Paul's due to the campus shutdown from the flu and Covid-19 outbreak, Girls Basketball came back strong on Saturday, defeating Kimball Union Academy (KUA). The following Wednesday, in a close game against Brooks, the team ultimately fell.

According to Sophie Dandawa '25, the team was ready to jump right into playing on Saturday against KUA and noted the excitement that came with playing in front of more fans than usual.

"The atmosphere was really different from most home games. For one, our Wednesday game was canceled so we were really excited to finally get back to playing this weekend. We were also coming off of a win against Deerfield so we were hungry to win again. Also, there were a lot more people there than usual, so it was super exciting to play in front of a bigger crowd," wrote Dandawa in an email to *The Phillipian*.

Cuyler Sparks '27 shared that Girls Basketball was able to maintain a strong lead throughout the whole game. She noted that in past games this was a weakness for the team, but, against KUA, it was able to increase its lead as the game went on.

In an email to *The Phillipian*, Sparks wrote, "Usually out of halftime, there's been a couple of games where we've come out with the lead and then fell back and gave up the win, or gave up the lead that we had.

[However], for this game, we came out really strong, and I think that they were able to push this lead from 11 to 20 plus at one point, so I think that was a really important moment."

Going into the game, new Head Coach Jen Weissbach advised the players to come out strong in the beginning. Dandawa noted that during practices leading up to the game, the team worked on ways to achieve that, while also working specifically on the defense.

"Coach Weissbach's point before the game was to set the tone, and a lot of the work we've done this week reflects that. There were a lot of high energy fast break drills we practiced, as well as working on good defensive rotations, which we did really well in the game because our defense was very sound," wrote Dandawa in an email to *The Phillipian*.

Sparks highlighted the way in which the team was able to connect and string plays together. In addition, she noted the consistent high energy that contributed to the overall success of the team.

"We just played like a team, we played really cohesively, and that played a really important role in how we were able to win and score during the game. Also, the energy was really good during that game. It stayed consistent the whole game and [the] energy really helped us," wrote Sparks in an email to *The Phillipian*.

In its Wednesday game against Brooks, Girls Basketball had to adjust to playing an away game after three home games in a row. Dandawa noted the intense "rivalry" of the game because of the close proximity of Brooks and Andover.

Dandawa said, "It was our first away game after a stretch of three home games in a row. It kind of felt different to be back on the road again. It also felt like a little bit of a rivalry because Brooks is so close. They had a lot of people there cheering for themselves, we had a lot of family cheering for Andover, so it was a really intense game."

According to Alani Rodriguez '27, despite starting off slow, the team was able to work together to close the gap by halftime. However, the team ultimately lost by ten points.

"[The] first three minutes of the game, we came out a little slow, we were down 13, but we were able to stick together as a team and cut the lead to three points putting us in the position to win the next two quarters.

But, unfortunately, we didn't come up with the win," Rodriguez wrote in an email to *The Phillipian*.

Looking forward, the team hopes to work on coming out strong from the beginning. Dandawa shared that working on fewer turnovers will help the team succeed for the rest of the season.

Dandawa said, "For the next two games, we want to start the game stronger because I think that's where we really lacked against Brooks today. And we also need to just minimize turnovers, and I think if we can do that, we can minimize turnovers, then we'll be looking really good for the remainder of the season."

Girls Basketball will play Middlesex at home this Saturday.

Madeleine Shin

Feb 1, 2024

Girls Basketball Loses Two, Wins One

2/9 – Andover: 36, Dexter Southfield: 84

2/10 – Andover: 40, Pingree: 37

2/14 – Andover: 38, BB&N: 50



On Friday, Andover Girls Basketball lost to a talented Dexter Southfield (Southfield) team. The team bounced back with a hard fought victory against Pingree on Saturday but then fell to BB&N this Wednesday. Its record stands at 7-0-12.

According to Head Coach Jennifer Weissbach, Southfield proved to be a tough opponent for Andover. Although Dexter Southfield took control of the majority of the game, Coach Weissbach praised the effort that Andover sustained until the very end.

Coach Weissbach said, “Southfield came out strong and set the tone early on. We didn’t start the way we wanted to, but I think our halftime together, we talked about how and where we get our energy from and the team responded in the third quarter really well. I was very proud of how we responded. We ended up closing out the game in a way where I think we left proud of our effort. I am excited to see all the ways in which we have to grow.”

Andover maintained team morale against Pingree on Saturday, despite the hard loss the day before. That energy translated into an offensively and defensively strong game, noted Akari Imai ’25.

“Our energy was really good and especially coming off of our loss on Friday, I feel like our entire team was really locked in and motivated to do well and play hard from the very beginning of the game. The first quarter of the game, I think we did really well with not only our offense, but also we had really good defense and really good energy on the bench and we just all had really high energy and we worked really hard for that win,” said Imai.

Coach Weissbach applauded the team’s transitions against Pingree. In preparation for the game, the players worked on being agile and fast-paced ball movement up the court.

“We’ve been working hard on running in transition, so pushing the ball up the court... I asked the team on Saturday, I said specifically, I want us to run. I want us to run hard. I want us to push the ball up the court every possession and I think we did that beautifully and it was really awesome to watch and be a part of,” said Coach Weissbach.

Anni Juusela ’24 highlighted the shift in morale in Wednesday’s game against BB&N. Although Andover controlled the first quarter, the team fell short. Juusela commended the team’s resilience in the second half.

“It was a tough game today, but we started off strong. We had a good first quarter, and we won the first quarter. But then, in the second quarter, we had a hard time scoring. And then, after the halftime, we came back to the game with different and good energy and we made it into a five-point game again, but we just weren’t able to turn it into a win after the third quarter,” said Juusela.

Juusela continued, noting that Andover struggled to adjust to zone defense that BB&N implemented. Moving forward, she hopes that the team can maintain energy in the face of adversities.

“The opponent played zone defense the whole game, and I think we had some troubles cracking that open. So, that was something that we could have done better. And then just overall on those hard times, just bringing more energy and having the energy that we had when the game was going well,” said Juusela.

Reflecting on the season thus far, the team needs to find consistency in the level of play all four quarters.

Coach Weissbach notes the technical preparations that players are going through for upcoming games, for them to sustain high energy for 32 minutes.

Coach Weissbach said, “We are working hard on trying to find a way to compete for all 32 minutes. I think we do a great job of competing in certain moments. We are playing better than others... We have been putting a lot of energy and effort into our defense, to finishing around the rim, knocking down shots in big moments. We have been focusing on the things that we can control, so our free throws, diving on the ground for loose balls, all of those little things, I think, add up and that is how you get that kind of great 32 minutes.”

Girls Basketball will play in the Northeast Eight Conference on Saturday, host St. Paul’s on Monday, and play against Holderness School on Wednesday.

Aaron Huang
Feb 15, 2024

Girls Basketball Head Coach Jen Weissbach Uplifts the Program



Girls Basketball Head Coach Jen Weissbach spent countless hours shooting hoops on her driveway with her mother rebounding. An 1,000 point-scorer in high school, Weissbach went on to play Division I Field Hockey at Dartmouth University and served as one of the team's two captains, while also playing on Dartmouth's travel basketball team.

Weissbach's love for coaching started in high school, where she would coach at camps and clinics. Later, she returned to coaching high schoolers because of their abilities to develop and mature rapidly. Previously, Weissbach served as the Head Coach of Field Hockey and Basketball at the Hill School in Pennsylvania.

Weissbach said, "I think that was a way for me to start to build my passion around coaching. I've learned to love coaching high schoolers because I find that it's a time when we can see so much growth and we can help them grow. We can help them learn how to work harder than they've ever worked before and we can help them learn how to be a great teammate, how to be a great person."

Weissbach instills three core values into her teams to create an environment based on teamwork. She helps players steer away from an "I" mindset and towards a "we" mindset as a way to promote collaboration and trust.

"I value hard work. I value passion. I value commitment, and something that I've been trying to instill in our team is that it's never about you. It's always about us... It's always about how we can continue to grow and be better and push each other as a team, as a collective unit. And my goal as a coach is to try and instill that into everything that we do," said Weissbach.

According to Akari Imai '25, Weissbach has established a balance between being easygoing and challenging the players. Weissbach always makes herself available to help the players individually as well as a team.

Imai said, "Coach Dubs [Weissbach] is a really good coach because she is funny and she is very personable, but she's also strict on us and hard on us and pushes us when we need to be pushed... Whenever I have a problem or I want to improve on something, she'll always give the best feedback and she'll be really supportive and encouraging about it."

Weissbach values self-improvement when approaching competition. Although competition is expected in the sport, having a good experience as a team is equally as important.

Weissbach said, "My goal ultimately at the end of the day is to build a great experience for each kid. I want players to come through our program and say they learned how to work harder than they've ever worked before... Certainly, we are excited about any results that are in our favor on the scoreboard, but that's never the end goal. That's never the result. We define success by how hard we're working, the progress we're making, not by the scoreboard."

Imai credited Weissbach for standing up for her players during unfavorable calls. Her outspoken nature makes the team feel supported and encourages them to continue to play with the same competitiveness.

"One of my favorite things about her as a coach is how she always stands up to us and fights for us. So, even if it is a bad call by the ref or someone does something mean in any scenario, she will always put us first and she'll always push and fight for us, which I really like about her," said Imai.

Weissbach celebrates the progress that each player and the program has made thus far.

Weissbach said, "I hope that they know how much I care about them. I hope they know how proud I am of them to be their coach and to be able to have the opportunity to work with them each day... We've grown a lot over the last couple of months together and I think individually all of us have grown and tried to be as best as we can be. I'm very proud to be the coach here."

Aaron Huang
Feb 23, 2024

Girls Basketball Co-Captain Valerie Ha '24 Serves as Role Model for Teammates



Girls Basketball players follow Co-Captain Valerie Ha '24 as she serves as a role model for the team. Particularly, her technical skills and encouragement aid Ha in leading players, on and off the court.

Because her elementary school only offered girls basketball, Ha found herself playing it from an early age. She shared that while she started by chance, a combination of her enjoyment of the sport and her natural ability led her to stick with it.

"I started playing when I was seven. My school only had a girls basketball team and a boys soccer team cause we didn't have enough places or coaches and stuff like that. So, I just decided to try out, and I realized I was good at it, so I kept playing, and I had a lot of fun," said Ha. On the court, Ha leads through enthusiasm, competition, and work ethic. Ha shared that the energy she puts out helps unify the court.

"I lead by excitement and example and by always putting in my effort, and that shows on the court especially...[I lead] by example on the court, by competition, I think. My energy on the court really helps to bring the team together for a win," said Ha.

Teammate Emerson Buckley '25 recognized Ha for the example she sets. She noted the effects of a strong, disciplined, hardworking co-captain, which then instilled similar values in the team.

Buckley said, "She definitely leads by example going hard and giving 100 percent at all times. It really sets the tone for all our practices and games pushing us all to match her energy and compete. She has really pushed me to never back down and I know that goes for a lot of the other girls on the team as well. She is an amazing guard and I think she is really an inspiration for our younger players not only with her ability but her confidence and relentlessness."

According to Sophie Dandawa '25, Ha is technically skilled, a trait that players on the team look up to her for. "[Valerie] definitely leads by example. You watch her on the court, you watch how she passes, how she plays, how she scores. You can't help but want to do the same, you really want to play like she does. She's also very energetic," said Dandawa.

Ha plans to continue basketball in some capacity in the future.

Tara Menon

Feb 23, 2024

Co-Captain Leila Boesch-Powers '24 Brings Discipline, Spirit, and Communication to Girls Basketball



With new leadership across Girls Basketball, Co-Captain Leila Boesch-Powers '24, has bridged the gap between coach and player, aiding her team during these transitions. Despite being surrounded by change, she leads with positivity, kindness, and discipline.

Boesch-Powers began her career in basketball around her third to fourth grade, continuing through middle school, but missing her first winter season at Andover due to Covid-19. While recognizing she is not the most experienced member of the

team, Boesch-Powers consistently brings spirit, encouraging her teammates to do the same.

Boesch-Powers said, "I strive to be a positive and energetic Captain. I know that I am not the most experienced player on the team, but I always try to make up for that through uplifting other people and making the impact that way. I think that's half, or even more, of the battle to make sure everyone is fostering a community. It really just changes the entire team dynamic."

Boesch-Powers' energetic nature does not go unnoticed by her teammates. Sophie Dandawa '25 highlighted how she is always the first one to show her teammates support in numerous ways.

"Leila is really vocal and energetic. She gets the whole team's energy up. She always makes sure we are all into the game and focused. She is the first one to cheer for us if we score, first one to have our back if someone makes a bad call, or just stuff like that," said Dandawa.

Boesch-Powers shared that many of her qualities as Co-Captain carry over into her everyday life. She embodies and strives for consistent motivation and effort, pushing the team to do its best.

Boesch-Powers said, “I feel like the same way that I Captain is the same way I am as a person. I just try to get everyone to do their best and to be disciplined, which is important in sports and in life in general. So, pushing everyone to be their best self is important to me.”

Despite a new Girls Basketball Head and Assistant Coach, Boesh-Powers has still been able to instill some aspects of familiarity in the team. Ruby Kokinos '26 recognized her ability to create new connections and ensure direct communication on the team.

Kokinos said, “While having new coaches and a relatively new team, Leila still made sure to implement traditions from last year. This gave us a feeling that even though the team was very new, that not all of the community that we previously had was gone... Leila did a very great job at facilitating the new relationships between the coaches and the team through making sure there was clear communications and just connecting us all even when there were a lot of brand new dynamics on the team.”

As Boesch-Powers transitions out of her last season on Girls Basketball, she shared advice to her current teammates. She emphasized that effort and care are vital parts of a successful team.

“I’m so excited to see my teammates continue to grow as players even while I’m no longer on the team next year. So, some advice I have for them is just to focus on continuing to work hard and be kind people first and the rest will come if you have a strong team dynamic and the discipline to make it happen,” said Boesch-Powers.

Katherine Rodgers
Feb 23, 2024

Boys Varsity Hockey

2023~2024

Head Coach: Paul Tortorella '80

Assistant Coaches: Patrick Pothel & Tedd Parker

Captains: Sam Myles & Drew Smith

Managers: Leila Collyge, Sophie Holten-Moravek, Drew Nelson, & Jude Scarborough

Overall Season Record

Win	Loss	Ties
17	11	2

Letter Winners:

Chase R. Anderson, John D. Bainbridge, Louis-Felix Beaulieu, Christopher M. Cali, Luke A. DeAngelis, James M. Delaney, Joseph C. Doyle, Kele D. Gregory, Rui Han, Jake R. LeDoux, Peyton J. Militello, Samuel P. Myles, David P. O'Neill, Grayden Robertson-Palmer, Charles E. Sabre, Benjamin J. Skowronek, Ethan Skowronek, Zachary Skowronek, Alexander D. Small, Andrew H. Smith, Alexandre M. Theodore, Sophie A. Holten-Moravek, Drew S. Nelson, Leila B. Collyge, & John D. Scarbrough

Award Winner:

Sumner Smith Award: Samuel P. Myles

Boys Varsity Hockey

2023~24 Schedule and Results

Sat	12/02/ 2023	Hockey BV	Home Jamboree both rinks	H	5:00 PM	at rinks	4-2	W		
Sun	12/03/ 2023	Hockey BV	Home Jamboree 11:50 and 2:10	H	11:50 PM	Harrison Rink, Andover	4-2	W		
We d	12/06/ 2023	Hockey BV	Thayer	A	5:30 PM		5-4	W		
Fri	12/08/ 2023	Hockey BV	Brewster Academy	H	6:00 PM	Harrison Rink, Andover	7-2	W		
Sat	12/09/ 2023	Hockey BV	New Hampton	H	6:20 PM	Harrison Rink, Andover	4-1	W		
Tue	12/12/ 2023	Hockey BV	Groton	A	4:45 PM		5-0	W		
Fri	12/15/ 2023	Hockey BV	FLOOD MARR vs Noble	A	1:00 PM	Roberts rink, Milton	2-4		L	
Sat	12/16/ 2023	Hockey BV	FLOOD MARR vs Salisbury	A	11:00 AM	Flood rink, Nobles	1-2		L	
Sat	12/16/ 2023	Hockey BV	FLOOD MARR vs Deerfield	A	7:00 PM	Flood rink, Nobles	3-2	W		
Sun	12/17/ 2023	Hockey BV	FLOOD MARR-- tbd	A	9:00 AM	Roberts rink, Milton	3-3			T
Sat	01/06/ 2024	Hockey BV	Choate	H	1:45 PM	Harrison Rink, Andover	3-7		L	
We d	01/10/ 2024	Hockey BV	Tilton	A	4:30 PM		4-2	W		
Fri	01/12/ 2024	Hockey BV	St. Paul's	H	6:00 PM	Harrison Rink, Andover	6-2	W		
Sat	01/13/ 2024	Hockey BV	Exeter	A	4:00 PM		3-1	W		
We d	01/17/ 2024	Hockey BV	St. Sebastian's	H	4:00 PM	Harrison Rink, Andover	7-6	W		
Sat	01/20/ 2024	Hockey BV	Noble & Greenough	H	1:30 PM	Harrison Rink, Andover	0-1		L	
We d	01/24/ 2024	Hockey BV	Winchendo n	H	4:15 PM	Harrison Rink, Andover	5-2	W		

Sat	01/27/ 2024	Hockey BV	Loomis	A	6:00 PM		6-2	W		
We d	01/31/ 2024	Hockey BV	Deerfield	H	4:00 PM	Harrison Rink, Andover	3-5		L	
Fri	02/02/ 2024	Hockey BV	Belmont Hill	A	5:00 PM		1-4		L	
Sat	02/03/ 2024	Hockey BV	Dexter Southfield School	H	3:15 PM	Harrison Rink, Andover	5-4	W		
We d	02/07/ 2024	Hockey BV	K.U.A.	A	5:00 PM		3-6		L	
Fri	02/09/ 2024	Hockey BV	Governor's Academy	A	5:30 PM		2-4		L	
We d	02/14/ 2024	Hockey BV	Cushing	H	5:15 PM	Harrison Rink, Andover	0-3		L	
Fri	02/16/ 2024	Hockey BV	Brooks	A	5:15 PM		2-5		L	
Sat	02/17/ 2024	Hockey BV	Pingree	H	4:30 PM	Harrison Rink, Andover	3-3			T
We d	02/21/ 2024	Hockey BV	N.M.H.	H	5:05 PM	Harrison Rink, Andover	4-1	W		
Sat	02/24/ 2024	Hockey BV	Exeter	H	2:10 PM	Harrison Rink, Andover	4-0	W		
We d	02/28/ 2024	Hockey BV	TOURNA MENT Law Acd	A	4:00P M		6-2	W		
Sat	03/02/ 2024	Hockey BV	TOURNA MENT Dex South	A	2:00P M		1-3		L	



Phillips Academy Boys Varsity Hockey 2023~24

3	Alex Theodore	2027	F-(L)	6' 1	165	Tampa, FLA
7	Grayden Robertson-Palmer	2025	F-(L)	5'11"	190	Kanata, Ottawa
8	Louis-Felix Beaulieu	2026	D-(L)	5'10"	165	Saint-Lambert, QC
9	Chas Sabre	2025	D-(R)	5'11"	165	Edina, MN
11	Ethan Skowronek	2024	F-(L)	5'10"	175	Arlington, VA
12	Luke DeAngelis	2025	D-(R)	6'1"	185	Red Bank, NJ
13	Christopher Cali	2024	F-(R)	6'1"	180	Wake Forest, NC
16	Kele Gregory	2026	F-(R)	5'11"	160	Falmouth, MA
17	Peyton Militello	2025	F-(L)	5'11"	175	Dallas, TX
18	Drew Smith **	2024	D-(R)	6'2"	185	Cotuit, MA
19	Jack Bainbridge	2024	D-(L)	5'8"	150	Duck, NC
21	Joe Doyle	2026	F-(L)	5'10"	145	New York City, NY
23	Jake LeDoux	2024	F-(R)	6'1"	190	Chandler, AZ
24	James Delaney	2024	D-(R)	6'4"	190	Palmer, MA
26	Alex Small	2026	F-(L)	6'	165	West Chester, PA
27	David O'Neill	2026	F-(R)	5'11"	165	Wayne, PA
29	Sam Myles *	2024	F-(R)	5'10"	175	Westborough, MA
31	Ben Skowronek	2024	G	6'	175	Arlington, VA
41	Chase Anderson	2025	G	6'3"	200	Marblehead, MA
44	Zachary Skowronek	2025	D-(L)	6'3"	205	Arlington VA
55	Matt Piotrowski	2027	D-(L)	6'	155	Ridgewood, NJ
88	Rui Han	2025	F-(L)	5'11"	170	San Diego, CA

* Captain

Coaches: Paul Tortorella, Patrick Pothel, Tedd Parker

Managers: Leila Collyge '25, Sophie Holten-Moravek '25, Drew Nelson '24, Jude Scarborough '2

Boys Varsity Hockey

2023~24 Game Highlights

DECEMBER 2, 2023

Hockey BV vs Pomfret School (Andover Jamboree)
W 4-2

SAM MYLES WITH TWO G'S

Senior captain Sam Myles got the team off to a great start with the first two goals of the season. Skowroneks Ben, Ethan, and Zachary each had major impact on the team win.

DECEMBER 3, 2023

Hockey BV vs Proctor (Andover Jamboree)
W 4-2

MYLES AGAIN SCORES KEY GOALS

Captain Sam Myles had himself a weekend with a total of four goals in two games. Fellow seniors Jake Ledoux and Ethan Skowronek also averaged two points a game. In the underclass, Grayden Robertson-Palmer, Kele Gregory, and Peyton Militello showed strong play at both ends of the ice. Chase Anderson was excellent in the net making several saves in the third that preserved the lead.

<https://youtu.be/S9oEl4twCKI>

DECEMBER 6, 2023

Hockey BV at Thayer Academy
W 5-4

2 SHORT HANDED GOALS LATE SEAL VICTORY

Ben Skowronek- 40 saves

Alex Theodore (Freshman) - scores his first prep goal!

Penalty kill is 9 for 9 this season.

Asst. Captain Drew Smith with power play Goal.

DECEMBER 8, 2023

Hockey BV vs Brewster Academy
W 7-2

ETHAN SKOWRONEK HAT TRICK

Freshman Matt Piotrowski scores first goal of Andover career.

Senior Ethan Skowronek powers team with three goals

Junior Grayden Robertson-Palmer (Dartmouth) controlled the play with dynamic performance.

DECEMBER 9, 2023

Hockey BV vs New Hampton School
W 4-1

LEDOUX, DEFENSE LEAD TEAM TO VICTORY

<https://youtu.be/bdEfBreCocA>

	G	A	PTS
Grayden Robertson-Palmer	1	1	2
Peyton Militello	1	0	1
Ethan Skowronek	1	0	1
Jake LeDoux	1	0	1
Sam Myles	0	1	1
Zachary Skowronek	0	1	1
David O'Neill	0	1	1
Goaltending			
Ben Skowronek (54:00)	22 saves	1 (GA)	

DECEMBER 12, 2023

Hockey BV at Groton School
W 5-0

ETHAN SKOWRONEK HAS SECOND HAT TRICK IN THREE GAMES.
Chase Anderson with the 27 save shutout.

	G	A	PTS
Ethan Skowronek	3	0	3
Rui Han	0	2	2
Peyton Militello	0	2	2
Jake LeDoux	0	2	2
Zachary Skowronek	1	0	1
David O'Neill	1	0	1
Grayden Robertson-Palmer	0	1	1
James Delaney	0	1	1

DECEMBER 15, 2023

Hockey BV at FLOOD-MARR TOURNAMENT vs. Nobles
L 2-4

ETHAN SKOWRONEK CONTINUES SCORING STREAK
Skowronek with a goal and assist in losing effort.
Peyton Militello with the other tally.

DECEMBER 16, 2023

Hockey BV at FLOOD-MARR TOURNAMENT vs. Salisbury
L 1-2

ANDERSON STELLAR IN DEFEAT

Chase Anderson had 33 saves in the 45 minute game. Many of the up close and personal variety.
Grayden Robertson-Palmer, Chas. Sabre, And Ethan Skowronek teamed up for the Big Blue only goal.
Was a great game all the way down to the wire.

DECEMBER 16, 2023

Hockey BV at FLOOD-MARR TOURNAMENT vs. Deerfield
W 3-2

2 GOALS IN FINAL 90 SECONDS LIFT ANDOVER OVER DEERFIELD

Freshman Alex Theodore ties game with goalie pulled in final minute on a rebound in front.
Sophomore David O'Neill scores winner thirty seconds later off nifty pass by Jake Ledoux.
Senior Ben Skowronek stellar 30 save performance.

Scoring

2nd

Andover [Sam Myles](#) ([Ethan Skowronek](#), [Drew Smith](#)) 0:15

Deerfield [Tom Molson](#) ([Marc Miron](#)) 6:35

Deerfield [Justin Tavares](#) ([Ryan Diffley](#)) 13:35

3rd

Andover [Alex Theodore](#) ([Zachary Skowronek](#), [Sam Myles](#)) 6X5 13:35

Andover [David O'Neill](#) ([Jake LeDoux](#), [Louis-Felix Beaulieu](#)) 14:10

Goaltending

Andover [Ben Skowronek](#) (44:00) 30/32 2 (GA)

DECEMBER 17, 2023

Hockey BV at FLOOD-MARR TOURNAMENT vs. Westminster
T 3-3

BOYS FINISH FLOOD-MARR 1-2-1

Scoring

1st

West [Brian Judge](#) ([Nicholas Tsatas](#), [George McCaffrey](#)) 3:45

Andover [Alex Theodore](#) ([Jake LeDoux](#)) 9:12

Andover [Peyton Militello](#) 10:42

2nd

West [Eric Elbery](#) ([Quinn Pine](#), [Michael Bianco](#)) 4:12

Andover [Ethan Skowronek](#) 8:58

3rd

West [Quinn Pine](#) ([JJ Hurley](#), [Nicholas Tsatas](#)) 8:15

Goaltending

Andover	Chase Anderson (45:00)	23/26	3 (GA)
West	Matteo De Luca (45:00)	26/29	

JANUARY 6, 2024

Hockey BV vs Choate Rosemary Hall
L 3-7

PENALTIES SUBVERT TEAM EFFORT

Choate scored 4 power play goals as the Andover PK had a rare off day.

JANUARY 10, 2024

Hockey BV at Tilton School
W 4-2

COME FROM BEHIND WITH 4 UNANSWERED GOALS FOR VICTORY

The team kept ramping it up as the game went on..

JANUARY 12, 2024

Hockey BV vs St. Paul's School
W 6-2

4 GOALS IN THIRD CEMENTS WIN

Andover kept pace with SPS for two periods and then sprinted to the finish in the third.

JANUARY 13, 2024

Hockey BV at Phillips Exeter Academy
W 3-1

ANDOVER TAKES LEAD TEN SECONDS INTO GAME

Andover scored on a beautiful play where all five blue skaters made great passes up the ice with Ethan Skowronek slamming home the goal after just 10 seconds of play. The rest of the game was a tight checking affair. Chase Anderson was outstanding in the goal.

JANUARY 17, 2024

Hockey BV vs St. Sebastian's School
W 7-6

OT THRILLER AT THE HARRY

Ethan Skowronek scored the game winner off a great play Robertson-Palmer and Smith with 1:00 minute left in OT in a wild battle of a game. The PK killed a double penalty to close out regulation. Captain Sam Myles scored the hat trick. Fellow senior Jake Ledoux had a huge game controlling the play all over the ice and was tremendous on the PK.

JANUARY 20, 2024

Hockey BV vs Noble & Greenough School
L 0-1

ANDERSON OUTSTANDING IN THE GOAL

Upper Chase Anderson made 38 saves to keep Andover in the game.

JANUARY 27, 2024

Hockey BV at Loomis Chaffee School
W 6-2

ROBERTSON-PALMER, HAN, SKOWRONEK LEAD TEAM TO VICTORY.

The boys scraped together a first period tie scoring a big goal as Robertson-Palmer crashed the net to make it 2-2. The boys went on to outplay a talented Loomis team taking the lead in the second and then breaking it wide open in the third with three tallies, including a beautiful short handed goal created by Ledoux and Myles. Box Score: <https://www.neutralzone.net/pr...>

JANUARY 31, 2024

Hockey BV vs Deerfield Academy
L 3-5

TIGHT LOSS

Team could not protect a well gained lead in third.
scoreboard: <https://www.neutralzone.net/pr...>

FEBRUARY 2, 2024

Hockey BV at Belmont Hill School
L 1-4

BELMONT HILL OUTWORKS BIG BLUE

Andover had limited answer to Belmont's physical game. Grayden Robertson-Palmer scored the first goal of the game to give Andover the lead on a nice play involving Ethan Skowronek and Louis Felix Beaulieu. Scoreboard. <https://www.neutralzone.net/pr...>

FEBRUARY 3, 2024

Hockey BV vs Dexter Southfield School
W 5-4

TEAM BOUNCES BACK

a come from behind victory against strong Dexter team
scoreboard: <https://www.neutralzone.net/pr...>

FEBRUARY 7, 2024

Hockey BV at Kimball Union Academy
L 3-6

#1 KUA ANSWERS BACK

The boys has an early lead on power play goal by O'Neill, and tied up in the second, and pulled within one in the third, but every time we scored one, they scored two.
scoreboard: <https://www.neutralzone.net/pr...>

FEBRUARY 9, 2024

Hockey BV at Governor's Academy
2-4

BOUNCING PUCKS WENT OTHER WAY

a good game but we made more mistakes than Govs.
Scoreboard: <https://www.neutralzone.net/pr...>

FEBRUARY 14, 2024

Hockey BV vs Cushing Academy
0-3

ANDOVER SHUT OUT BY CUSHING

Despite moving the puck well, the team failed to convert on their many excellent scoring opportunities.

Scoreboard: <https://www.neutralzone.net/pr...>

FEBRUARY 16, 2024

Hockey BV at Brooks School

2-5

SLIDE CONTINUES

The team continues to have trouble scoring and is bitten by sloppy play in the d zone.

Scoreboard: <https://www.neutralzone.net/pr...>

FEBRUARY 17, 2024

Hockey BV vs Pingree School

3-3

TEAM GETS TIE HEADING INTO FINAL WEEK OF REGULAR SEASON

A step in the right direction as the team gets ready for a big final push toward playoff spot.

Scoreboard: <https://www.neutralzone.net/pr...>

FEBRUARY 19, 2024

Hockey BV vs Winchendon School

5-2

B. SKOWRONEK BACKSTOPS WIN AND MILITELLO SCORES HAT TRICK IN PLAYOFF RUN

The team played their relentless and aggressive hockey as they played a nearly perfect game.

Scoreboard: <https://www.neutralzone.net/pr...>

FEBRUARY 21, 2024

Hockey BV vs Northfield Mount Herman

4-1

SKOWRONEK BROTHERS PUSH TEAM TO VICTORY

Zachary Skowronek got Andover on the board with a nice goal in tight on the NMH net minder. Ethan also contributed a goal and an assist while brother Ben stopped 41 shots, including several breakaways.

Scoreboard: <https://www.neutralzone.net/pr...>

FEBRUARY 24, 2024

Hockey BV vs Phillips Exeter Academy

4-0

BEN SKOWRONEK SHUTS OUT EXETER AGAIN! D PROVIDES SCORING

Ben Skowronek recorded his second shut out in last three games vs Exeter. D men Drew Smith and Zach Skowronek each scored a goal and an assist leading the offense. Andover has won last three contests vs their rival outscoring the big red 10-1 in those games. Article: <https://neutralzone.net/prep-m...>

scoreboard: <https://www.neutralzone.net/pr...>

<https://youtu.be/bhZM8XOB4ZA>

FEBRUARY 28, 2024

BV Hockey at Lawrence Academy - NEPSAC Large School (Martin/Earl) Quarterfinals

6-2

BEN SKOWRONEK STOPS 44 OF 46 AS TEAM WINS SEMI FINAL PLAYOFF

Another team victory, with every player making major contributions. Blocked shots, diving plays, great passes, back checks, smart plays and changes, not on scoresheet but here it is anyway: <https://neutralzone.net/prep-m...>

MARCH 2, 2024

BV Hockey at Dexter Southfield - NEPSAC Large School (Martin/Earl) Semifinals
1-3

SEASON ENDER WAS CLOSE ONE

Dexter had, somehow, a two man advantage twice in the game, and that was the difference in the grueling game.

Scoreboard: <https://neutralzone.net/prep-m...>

Boys Varsity Hockey In the News

Boys Hockey Dominates Season-Opening Games with 13 Goals

12/2 — Andover: 4, Pomfret: 2

12/3 — Andover: 4, Proctor: 2

12/6 — Andover: 5, Thayer: 4

Record: 3-0-0



Andover Boys Hockey (3-0-0) opened its season undefeated across all three games, totaling 13 goals.

Over the weekend, Andover hosted Pomfret School and Proctor Academy (Proctor) for the Andover Jamboree, dominating both schools. Nearing the end of Wednesday's game against Thayer, with points already on the board for both teams, Andover used a penalty kill to score two shorthanded goals. Although Thayer countered with two more, Andover maintained the lead until the end.

Before the Jamboree, the team focused on building a solid hockey system in its practices. Benjamin Skowronek '24 emphasized the importance of each individual player knowing their duties on the ice. Skowronek said, "It is really important to know what everyone is going to be doing, especially in the defensive zone and offensive zone. So in the practices leading up, we were working really hard on making sure we were on the same page and knowing what system we should play."

Co-Captain Drew Smith '24 highlighted strengths in all positions on the ice in the Jamboree. According to Smith, Co-Captain Sam Myles '24 served as a powerhouse on the offensive line, scoring half of the team's goals over the weekend.



"We played really well both offensively and defensively. Our forwards did a really good job working the puck in the offensive zone and getting some goals, like our [Co]-Captain Sam Myles had four goals this weekend, so that was cool. Also with the guys who are new to prep hockey, new to the team this year, all of them played really well, both the forwards and defensemen, and our goalies played phenomenal," said Smith.

Skowronek highlighted the team's improvement with its finishing compared to the previous season.

"Everyone did what they were supposed to do. We didn't have anyone make any really bad mistakes and everyone was playing very well and our passing was very good. We also did really well finishing... eight goals in two games, which is a good amount. Which is a big step up from last year because we had trouble scoring last year, and it is great to see us succeed in that part of the game," said Skowronek.

According to Peyton Militello '25, Wednesday's game against Thayer was highly competitive.



"We were pretty resilient, there were a couple times where we didn't have as much energy as we probably should have, but we kept battling and got back in the game and through those stretches, everyone knew we had to bring the energy up and everyone worked together to do that," said Militello.

Looking ahead, Militello shared that the team will work on maintaining its energy throughout the games. He also noted how Thayer capitalized on gaps in

Andover's defense, which revealed another area of improvement for the team.

Militello said, "[We'll] probably [improve] just playing strong the whole three periods. We sometimes slow down a little bit, for a few stretches, and for each of the games. So probably we are going to work on that... also they [Thayer] were a really skilled team so we had to be very careful positionally, which sometimes we weren't defensively, so they got us into a little bit of trouble, so that could also be something we work on moving forward."

Andover Boys Hockey will host Brewster Academy on Friday and New Hampton School on Saturday.

Aaron Huang

Dec 8, 2023

"He's All Business": Boys Hockey Head Coach Paul Tortorella '80 Pushes for Excellence and Competition



Boys Hockey Head Coach Paul Tortorella '80 developed a passion for hockey, after watching a televised game between the Boston Bruins and the Montreal Canadiens, with his dad. Inspired by announcer Danny Galivan, Tortorella became enamored with the sport. Years later, he became a goaltender for the Varsity Hockey team at Andover. His work earned him the Sumner Smith Award for the team's MVP. He then graduated to play Division I Hockey at Yale University, before returning to Andover in 2001.

Tortorella works to cultivate an environment dedicated to a consistent work ethic. He summed up his core team values in three words: "Trust, Honesty, and Excellence."

According to Tortorella, coaching hockey allows him to celebrate the drive and collaboration required to win.

In an email to *The Phillipian*, Tortorella wrote, "I enjoy the aspect of team play that [sports] [demand] to be successful. Working hard with others to create something good is a good way to spend time."

Assistant-Captain Drew Smith '24 highlighted Tortorella's coaching style. Tortorella works toward building a tight-knit and a strong team, calling upon Smith and Captain Sam Myles '24 to collaboratively achieve this goal.

"He hypes us up before games, and in between periods. And just essentially stressing that we're all in it together. And that it's a team battle to win it. Everyone has to be trying their hardest, giving their best. And that's the same for practices as well," said Smith.

According to Kele Gregory '26, Tortorella ensures that the players are in the right headspace before stepping into the rink.

Gregory said, "He's a great coach. I haven't had any coaches like him, he's all business. He'll check in with every player before the game if need be. He's all about the guys... He'll talk for five minutes before the game and basically, make sure that we're prepped and ready for the game. He wants to make sure that there's nothing that we're regretting before we go out on the ice."

Smith emphasized Tortorella's compassion towards his players. He lets players try their best and works with them individually to make them an asset to the team. Tortorella influences a hard-working team culture, reflecting the team's values.

Smith said, "I wasn't recruited for the team. I walked on...my Freshman year, [and he] gave me a chance that no one else really gave me. [He] has really worked with me these past couple of years. I can't thank him enough for how much he has [done], both on the ice and off the ice, just constantly encouraging me to just always give it my all."

With a current record of 5-0, Tortorella is working with the team to play through the season with a fierce and ambitious drive. Competition and fun are extensions of hockey and he hopes that his players can recognize that.

Tortorella wrote, "Competition is fun. It's a game, score is kept. It makes you try to get better. You can't play the game by yourself. There is no problem having fun. If you are not having fun, you are not working hard enough."

Lily Williamson

Dec 15, 2023

Boys Hockey Loses to Governor's and Cushing in Highly Anticipated Matchups Anya Budzinski

Feb 15, 2024

Friday 2/9 – Andover: 2 Governor's: 4

Wednesday 2/14 – Andover: 0 Cushing: 3



On Wednesday, Boys Hockey played at home against Cushing, following an away game at Governor's. The team lost to Governor's after a solid effort and fell short in a competitive matchup against Cushing.

Co-Captain Drew Smith '24 emphasized that a strong team culture has been essential to the team's 13-1-9 success this season. Andover has built chemistry off the ice and has seen it translate in its game and practices.

Smith said, "[The team culture is] really good. It's the best it's been... since I've been here. It just keeps getting better. It's really positive. Everyone's uplifting each other. You hear it in practices and in games. people are hanging out outside the rink, eating dinner together, and just hanging out in general."

In Friday's game against Governor's, Smith was a stand-off player. His strengths on defense kept the team's defensive line strong throughout the game. Rui Han '25 highlighted Smith's performance.

Han said, "Drew Smith was exceptional in that game. I thought he was really solid defensively, and I thought that penalty against him was a little cheap. I thought it was a good hit. Let the boys play!"

On Wednesday, the team practiced protecting in the defensive zone, noted Luke DeAngelis '25. The team acknowledged the competitive matchup against Cushing, who has won 92 percent of its games and has scored 132 goals this season so far.

DeAngelis said, "We play them every year, and we know they're strong. Coming off of a tough loss against Governor's the previous Friday night, one thing that we had worked on was being better protective in the defensive zone. So if you're a defenseman, for example, and you've got two forwards coming down, you need to think and practice how you are protecting that, how are you taking away a deadly pass for their team? So we spent a lot of time this week practicing on locking it down defensively."

Against Cushing, Goaltending Chase Anderson '25 stood out among the players. DeAngelis highlighted Anderson's efforts, marking him as a strong force defensively. Anderson had made 31/34 saves.

"I've kind of especially noticed our goalie has been especially strong. This year, our goalie is Chase Anderson. He's just solid. I mean, he comes out really nicely. He has a couple huge saves every game that the team really kind of stands up for and taps the bench for him. So, I mean he kept us in the game the whole way by making some really solid saves so we have him to thank," said DeAngelis.

Looking ahead, the team is looking to dominate offensively, score more, and take advantage of face-offs.

DeAngelis broke down the game plan going forward.

DeAngelis said, "I think kind of the big takeaway from the game is the zero on our scoreboard, and it's unfortunate that we weren't able to score. But, Coach Tortorella [80] told us after the game [that] we had chances just like hockey's a huge game involving kind of luck and the way the puck bounces, and today, the puck wasn't bouncing our way. I think we're going to continue in practice to work on finishing and really making sure that we lock down."

DeAngelis continued, "Faceoffs is another thing that our coach was going to have us continue to work on because they scored two goals off of a faceoff. So, we probably shouldn't have given them up."

Andover Boys Hockey will play Pingree at home on Friday.

Girls Varsity Hockey

2023-24

Head Coach: Martha Fenton

Assistant Coach: Matt Hession & Dan Holland

Captains: Peyton A. Kennedy & Molly A. Boyle

Managers: Alexander Lee, Luca Master, Michael Mechegia, & Emily Ryan

Overall Season Record

Win	Loss	Tie
20	4	1

Letter Winners: Caroline C. Averill, Margaret Averill, Gabriella A. Batchen, Molly A. Boyle, Keira M. Bruen, Catherine D. Buckley, Annabel R. Curry, Kimberly A. Duplessis, Shea R. Freda, Margot J. Furman, Sienna K. Glass, Charlotte R. Greer, Peyton A. Kennedy, Sarah B. Lackley, Alexander C. Lee, Lillian M. Loughlean, Emily Mara, Chanel L. Martin, Luca Masters, Lillyanna G. McNerney, Michael Mechegia, Ellie Parker, Codi C. Pickering, Sarah Powers, Avery Rodeheffer, Emily E. Ryan, & Corinne I. Spade

Award Winners: SUMNER SMITH HOCKEY AWARD- Shea R. Freda

Girls Varsity Hockey

2023-24 Schedule and Results

Fri	12/08/2023	Hockey GV	Dexter Southfield School	A	5:00 PM	4-2	W		
Wed	12/13/2023	Hockey GV	Taft travel only	A	6:30 PM				
Thu	12/14/2023	Hockey GV	@Taft v Tabor	A	9:30 AM	6-3	W		
Thu	12/14/2023	Hockey GV	@Taft vs Taft	A	2:45 PM	2-0	W		
Fri	12/15/2023	Hockey GV	@Taft vs Kent	A	9:30 AM	3-2	W		
Fri	12/15/2023	Hockey GV	@Taft vs Loomis	A	2:30 PM	0-1		L	
Sat	01/06/2024	Hockey GV	Choate	H	4:05 PM	1-2		L	
Mon	01/08/2024	Hockey GV	Brooks	A	5:10 PM	3-1	W		
Wed	01/10/2024	Hockey GV	K.U.A.	H	4:00 PM	2-1	W		
Sat	01/13/2024	Hockey GV	St. Paul's	H	3:30 PM	1-3		L	
Wed	01/17/2024	Hockey GV	Lawrence Academy	A	3:30 PM	5-0	W		
Sat	01/20/2024	Hockey GV	St. Mark's	H	3:50 PM	7-0	W		
Wed	01/24/2024	Hockey GV	Cushing	A	4:15 PM	5-2	W		
Fri	01/26/2024	Hockey GV	B. B. & N.	A	5:30 PM	3-1	W		
Sat	01/27/2024	Hockey GV	Deerfield	H	2:10 PM	3-2	W		
Wed	01/31/2024	Hockey GV	Tabor	A	4:30 PM	2-1	W		
Fri	02/02/2024	Hockey GV	New Hampton	H	4:00 PM	4-2	W		
Wed	02/07/2024	Hockey GV	Austin Prep	H	3:00 PM	4-1	W		
Fri	02/09/2024	Hockey GV	Milton	H	6:15 PM	6-0	W		
Sat	02/10/2024	Hockey GV	Williston	A	5:30 PM	1-0	W		
Wed	02/14/2024	Hockey GV	Noble & Greenough	A	3:15 PM	1-1			T
Sat	02/17/2024	Hockey GV	Worcester	A	2:30 PM	7-2	W		
Wed	02/21/2024	Hockey GV	Loomis	H	3:00 PM	4-2	W		
Sat	02/24/2024	Hockey GV	Exeter	H	12:00 PM	6-0	W		
Wed	02/28/2024	Hockey GV	TOURNAMENT Deerfield	H		4-0	W		
Sat	03/02/2024	Hockey GV	TOURNAMENT Williston	A		1-3		L	



Phillips Academy Girls Varsity Hockey Roster 2023-24

<u>No</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
1	Codi C. Pickering	2027	Falmouth, MA
2	Kimberly A. Duplessis	2027	Framingham, MA
3	Margot J. Furman	2025	New Canaan, CT
6	Lillian M. Loughlean	2027	Pawcatuck, CT
7	Ellie Parker	2025	Andover, MA
8	Shea R. Freda	2024	Lexington, MA
9	Peyton A. Kennedy*	2025	Sudbury, MA
10	Sarah Powers	2026	Lynnfield, MA
11	Margaret Averill	2027	Wayland, MA
12	Emily Mara	2025	Winchester, MA
13	Gabriella A. Batchen	2024	Jackson Hole, WY
14	Keira M. Bruen	2026	West Roxbury, MA
15	Catherine D. Buckley	2024	Pembroke, MA
16	Caroline C. Averill	2026	Wayland, MA
17	Molly A. Boyle*	2025	Scituate, MA
19	Lillyanna G. McInerney	2026	North Reading, MA
20	Sienna K. Glass	2027	Andover, MA
21	Chanel L. Martin	2027	Indian Land, SC
26	Corinne I. Spade	2027	Ballston Lake, NY
27	Sarah B. Lackley	2026	Woodstock, VT
28	Charlotte R. Greer	2026	Randolph, NJ
29	Annabel R. Curry	2025	Chestnut Hill, MA
78	Avery Rodeheffer	2025	New Haven, CT

* Captain

Head Coach: Martha Fenton

Assistant Coach: Matt Hession, Dan Holland

Managers: Alexander Lee, Luca Master, Michael Mehegia, & Emily Ryan

Girls Varsity Hockey

2023-24 Highlights

JANUARY 6, 2024

Hockey GV vs Choate Rosemary Hall
L 1-2

ANDOVER FALLS TO VISITING CHOATE

In the opening game of 2024, Andover took on an aggressive and talented Choate team. Choate got on the board first in the opening period but Shea Freda answered with the lone goal for Andover to make it 1-1 going into the second. Avery Rodeheffer had an outstanding day in net, turning away 24 shots, but Choate capitalized on an odd-person rush with just over a minute to play in the third to skate away with a 2-1 win. Next up for Andover is an away game with Brooks on Monday.

JANUARY 13, 2024

Hockey GV vs St. Paul's School
L 1-3

ANDOVER FALLS TO ST. PAUL'S 3-1

Peyton Kennedy '25 had the only goal (assists to Emily Mara '25 and Sarah Powers '26) in a 1-3 loss to visiting St. Paul's on Saturday. Avery Rodeheffer '25 picked up 20 saves in net on the day. Next up for the Big Blue is an away contest at Lawrence Academy on Wednesday 1/17

JANUARY 20, 2024

Hockey GV vs St. Mark's School
7-0

GVH BLANKS ST. MARK'S 7-0

Avery Rodeheffer '25 (6 saves) and Codi Pickering '27 (3 saves) tag-teamed in net for the shut-out today, moving the team to 7-3-1 on the season.

JANUARY 26, 2024

Hockey GV at B. B. & N.
W 3-1

GVH PICKS UP 3-1 WIN ON THE ROAD AGAINST BBN

Peyton Kennedy '25 and Caroline Averill '26 had first period goals and Maggie Averill '27 added the insurance goal in the second to pick up a big road win in Cambridge on Friday. Avery Rodeheffer '25 had 17 saves on the evening and held off a 2 minute 6 v 3 at the end of the third to secure the win. Next up for GVH is a home game against Deerfield on Saturday, 1/26 at 2:10.

JANUARY 27, 2024

Hockey GV vs Deerfield Academy
W 3-2

GVH FINISHES WEEK ON A HIGH NOTE WITH 3-2 COME-FROM-BEHIND VICTORY OVER A TALENTED DEERFIELD TEAM.

The Big Blue had a BIG week, going 3-0 against quality opponents. We knew that our game today against a 15-1-1 Deerfield team would be a battle from start to finish, and it did not disappoint. Deerfield came out strong in the first, scoring a short-handed goal at 8:41 and then a power play goal 2 minutes later. Determined not to go into the break 2 goals down, the team dug for their own power play goal with just 16 seconds on the clock. Lilly McInerney '26 finished off a beautiful passing sequence from Maggie Averill '27 and Keira Bruen '26. The second and third periods were fast paced, end-to-end hockey with lots of opportunities for both teams but Avery Rodeheffer held Deerfield at bay while Caroline Averill ('26) tied the game (assist to Lily Loughlean '27) and Sarah Powers '26 got the eventual game winner with 1:50 to play in the second period. Linemates Peyton Kennedy '25 and Emily Mara '26 assisted on Powers goal. The team will head to Tabor on Wednesday.

JANUARY 31, 2024

Hockey GV at Tabor Academy
W 2-1

GVH PICKS UP BIG MID-WEEK ROAD WIN AGAINST TABOR 2-1

The Andover squad made the long road trip to Tabor on Wednesday, skating away with a 2-1 win over a talented Tabor squad. The second meeting of the season for these two squads, Andover saw goals from co-captains Molly Boyle '25 and Peyton Kennedy '25 while Avery Rodeheffer '25 picked up the win in net with 15 saves. Next up for the Big Blue is a home tilt with New Hampton on Friday.

FEBRUARY 7, 2024

Hockey GV vs Austin Preparatory School
W 4-1

GVH SKATES AWAY WITH 4-1 VICTORY OVER AUSTIN PREP

Andover picked up goals from 4 different skaters (Peyton Kennedy '25, Sarah Powers '26, Lilly McInerney '26, and Emily Mara '25) and assists from another 3 (Sarah Lackley '26, Shea Freda '24, Carly Greer '26 - in addition to assists for Mara, Kennedy, and Powers) to pull away from neighboring Austin Prep in a 4-1 victory. The Big Blue saw another strong showing from Avery Rodeheffer in net with 18 saves.

FEBRUARY 10, 2024

Hockey GV at Williston Northampton School
W 1-0

ANDOVER TAKES ON TOP-RANKED WILLISTON AND SKATES AWAY WITH 1-0 WIN.

With Avery Rodeheffer '25 standing tall in net with 31 saves for the shutout, Sarah Powers '26 finished off a beautiful rush and tucked away the winning goal with just over 2 minutes to play in the third period. This was an end-to-end, fast paced game between 2 talented teams and a great tribute to cap off a week celebrating Girls and Women in Sports.

FEBRUARY 21, 2024

Hockey GV vs Loomis Chaffee School

W 4-2

3 GOAL THIRD PERIOD COMPLETES COMEBACK WIN FOR THE BIG BLUE

Looking to avenge a 1-0 loss in the PKO tournament back in December, GVH hosted a fast and talented Loomis team in Harrison Arena. Loomis got on the board first with 1:09 to play in the first period, but Molly Boyle '25 tied up the game with just 35 seconds later with the assist going to Keira Bruen '26. Loomis once again took the lead at the very start of the second period, but the Andover squad battled back with 3 goals in the third period to secure a 4-2 victory. (Goals to Caroline Averill '26 and Emily Mara (2) with assists by Maggie Averill '27 (2), Molly Boyle '25, and Maggie Averill '26. Avery Rodeheffer '25 had another tremendous game in net for the Blue with 12 saves. Next up for GVH is the final regular season game against Exeter at noon on Saturday.

FEBRUARY 28, 2024

GV Hockey vs Deerfield - NEPSAC Elite Eight Quarterfinals

W 4-0

BIG BLUE BLANKS DEERFIELD 4-0

Avery Rodeheffer '26 recorded a shutout with 22 saves as the Big Blue defeated Deerfield 4-0 in the quarterfinal matchup. Peyton Kennedy '27 and Sarah Powers' 26 each had a pair of goals on the day. GVH will travel to Williston on Saturday for a 4 pm semi-final match-up.

Girls Varsity Hockey In the News

Three Andover Students Headed to the International Ice Hockey Federation World Women's U-18 Championship



Three Andover students were chosen to represent Team USA for the International Ice Hockey Federation (IIHF) World Women's Under-18 (U-18) Championship: Molly Boyle '25, Caroline Averill '26, and Margaret Averill '27. The players will be in Zug, Switzerland, from January 6 to January 14 to compete in the World Championship.

30 players gathered from October 29 to October 31 in Blaine, Minnesota for the U-18 Women's National Team Selection Camp. Among ten defenders, Averill '27 was chosen in the final eight. She noted that her age did not factor into the selection process; rather, it was the game of hockey that motivated her to face any challenges.

"I have played this game my whole life. [My age] doesn't change the way I play my game. I just play my game and do my best. It doesn't matter how old any of the other players are," said Averill '27.

Averill '27 commented on her chemistry with her sister, Averill '26, who was selected as one of the Forwards on the team. Averill '26 noted her excitement sharing the ice in the World Championship with her sister.



“It is definitely fun playing at the highest level, and playing with her is the best part... We have spent most of our lives working and training together, so it is a great honor to go to the tournament together,” said Averill ’26.

Averill ’27 shared similar sentiments, noting that playing with her sister has been a key part of her experience.

“We know each other, and she is the smartest hockey player I know. I know that she always has my back, no matter what happens in the tournament or what we go through, which is a really great feeling. The experience with her has been surreal and amazing,” said Averill ’27.

The tryouts for Team USA started in March and the team was announced in November. Averill ’27 credited individuals who supported her and her sister along this journey. She reflected on her work ethic and commitment to the process.

Averill ’27 said, “I have done a lot of things. I work out with my trainer, Charlie Bando, who has been amazing and who has gotten me this far. Our coach is a skills coach, Dan Holland, also [a] Girls Varsity Assistant Coach who has helped me a lot. I also have a skating coach named Alex, who was really helpful. He got [me and my sister’s] skating to the very best before tryouts. We were always looking for the next step since the tryouts started last March, and it has been a long process and a lot of work.”



Boyle, who was selected as a Defender for Team USA, reflected on her aspirations for the Championship. In an email to *The Phillipian*, Boyle emphasized the importance of physical wellbeing for this level of play. Boyle wrote, “There are many goals going into the tournament, but we know it is important to focus on one goal at a time, as each goal will lead to the next. It is important to focus on the little details, both on and off

the ice. Playing in another country can be a difficult adjustment at first, so sleep, nutrition, and hydration have been made an important factor to focus on. Also, focus[ing] on the team as a whole and put[ting] each other first.”

Eight teams, including Team USA, will participate in the tournament. Team USA will face Slovakia, Switzerland, and Sweden in the Preliminary Rounds. Averill ’26 identified Canada as the team’s fiercest rival due to the storied history, winning Gold seven times since 2008.

Averill ’26 said, “Hopefully, we make it far enough to play Canada. It is the most important rivalry in international hockey, and if we make it to elimination play, then we should play them, and it is always an exciting match.”

David Siahaan

Dec 8, 2023

Girls Hockey Gives Up No Goals in Scrimmage Against Andover High School

Score: Andover: 15, Andover High School: 0

Record: 1-0

Andover Girls Hockey (1-0) started the season off with a scrimmage against Andover High School (Andover High). Although the roster is filled with young players, the team was able to form good chemistry in the short number of practices leading up to the scrimmage, helping them secure a win at the beginning of the season.

According to Corinne Spade ’27, Andover’s defense was vigorous, and the team made sure their goal was protected. Ultimately, the strategy was successful as Andover High was not able to score any goals.

“We had a really strong defense. I don’t think they were in our zone much. Our offense [was good] too. We created a lot of offense during the game. Overall, everyone did really good,” said Spade. Shea Freda ’24 mentioned the high energy at the scrimmage on Saturday. It was exciting to see how the work on and off the ice thus far in Andover’s season translated to a game-like setting. At the scrimmage, Andover was cheering for one another and working to make sure everyone was successful.

In an email to The Phillipian, Freda wrote, “The atmosphere on the team was really fun. We were all cheering each other on on the bench and getting excited when our teammates made good plays or scored.”

Spade highlighted that going into the scrimmage, the team focused on building relationships and getting to know one another. She described the team’s chemistry as solid and trusting and emphasized that everyone was excited to play with one another.

“Because it is the beginning of the season, our main focus was just on getting to know each other... The team doesn’t know each other yet, and for a team to be good, it matters on team chemistry. So, I really think that what we were working up to before was building the team,” said Spade.

Freda stressed that the team is currently getting to know each other as players and individuals. Freda suspects that by continuously playing with one another and learning aspects of each other’s game, the team will be successful in its season.

“In the coming weeks, we are just trying to learn each other’s strengths and what combinations are going to work best for us. There is definitely still a lot of work to do, but we are a very talented group, so we are really looking forward to seeing how we will develop throughout the start of the season,” wrote Freda.

Spade noted that in the upcoming weeks, Girls Hockey will continue to establish relationships among the team and figure out technicalities to prepare for its season.

Spade said, “For the upcoming week we’re really working on getting our lines set and our power plays and penalty kills set in stone... This week we’re playing Dexter [Southfield], and [Dexter Southfield] is a really good team. We need to be ready to play them, so we’re really working on just getting the basics down.”

Head Coach Martha Fenton anticipates a good match-up against Dexter Southfield on Friday night. The game will be Andover Girls Hockey’s first official game of the season.

In an email to The Phillipian Fenton wrote, “Moving forward we need to work on possession in all three zones. We are a young team, and it will take time to find our rhythm. But, we are looking forward to a great test against Dexter Southfield on Friday night.”

Andover Girls Hockey will play Dexter Southfield on Friday.

Madeleine Shin
Elizabeth Wodarski
Dec 8, 2023

Girls Hockey Tops Dexter Southfield After Dominating Scrimmage With Andover High School

Andover: 4, Dexter Southfield: 2



After a 15-0 victory in its scrimmage against Andover High School (Andover High) on December 2, Andover Girls Hockey traveled to Dexter Southfield (Dexter) on Friday, earning a win in its first official game of the season.

Head Coach Martha Fenton '83 compared the team's scrimmage against Andover High to the first official game of Girls Hockey's season. The score on Friday was far closer than the score of the scrimmage, and according to

Fenton, it provided an opportunity for coaches and players to recognize what the team will need to improve upon as it begins its season.

Fenton said, "Our game against Dexter [Southfield] was a much more even contest than our scrimmage against Andover High. Southfield is a young and talented team, and it was a great opportunity for us to see what we need to work on."

Manager Luca Masters '25 described the atmosphere of the team's first away game. With a lack of a student section in Andover's favor, Masters noted that the parents who came to watch made filled in for the lack of students.

Masters said, "There was no support really from the students because we were away. But, with all the parents there, it really made a wholesome environment. Every time there was a shot...the support of the parents made it so much more wholesome and meaningful than students who may not know what exactly is going on."

Molly Boyle '25 described what Andover has been working on recently in practices, highlighting how the team's focus has mainly been on systems, such as the four-check, the neutral, the offensive zone, and a power plant penalty kill. Boyle also pointed out various strengths of the team, including its' high speed, and an encouraging environment.

"We play super fast, and that led us to [be able to] have a lot of scoring opportunities. We also were super supportive of each other, which helped us a lot throughout the game... We've been working a lot on systems, like the four-check, and the neutral zone, and offensive zone, as well as the plays on the power plant penalty kill," said Boyle.

According to Fenton, the team's competitive spirit has been a strength thus far in its season, and she believes it will continue to be crucial moving forward. With that being said, Fenton found that the team still needs to work on positioning and communication as the season progresses.

"This team loves to play, and loves to compete... At this point in the season, we are still working on our communication and our positioning. We definitely have a ways to go with both, particularly in the defensive zone," said Fenton.

On Thursday and Friday, Girls Hockey is participating in the Patsy K. Odden Invitational tournament.

Sophia Cratty
Dec 15, 2023

Girls Hockey Falls to Choate, Defeats Brooks and KUA

1/6— Andover: 1, Choate: 2

1/8— Andover: 3, Brooks: 1

1/10— Andover: 2, Kimball Union Academy: 1



After losing a close match against Choate on Saturday, Andover Girls Hockey (6-2) rebounded with back-to-back wins against Brooks and Kimball Union Academy (KUA) on Monday and Wednesday. The enthusiasm of the team and the performances of individual players played a crucial role in its success following the loss.

According to Sarah Lackley '26, an unlucky play in the final minutes of the game allowed Choate to score on a breakaway goal.

"It was 1-1 for most of the game and with around two minutes left, Choate got the puck and went down [the rink] and it was almost a two-on-one or three-on-one situation, like a rush, and they scored with a minute and a half left, so we lost 2-1." Lackley continued, "[It was] unlucky and I feel like something we have been working on from that, like what we learned from that, was we need to keep scanning all around the ice and checking for players behind us."

This week, the team lost three crucial players — Molly Boyle '25, Caroline Averill '26, and Maggie Averill '27 — while they participate in the U18 Women's World Championship in Switzerland. Although the team has had difficulty readjusting, Co-Captain Peyton Kennedy '25 described the team's enthusiasm and support for the three teammates playing for Team USA.

Kennedy said, "I definitely think we miss them. Just like as a team, their presence [is] a very big presence on the team on and off the ice. And since we are good friends, and we want them to do well, so we have been following along with their progress and watching all their games, and it's fun to see them succeed in their tournament. But I definitely think our first game back was a little difficult."

Monday's game against Brooks proved to be another close matchup. Kennedy praised Sarah Powers '26 for her game-sealing goal. This goal not only played a pivotal role in clinching the game but also in alleviating the pressure exerted by the opponents in the final period.

"We were winning 2-0 and towards the end we got a penalty and Brooks scored, so they had all the momentum, and it was a tight game... and at the end, I don't remember how it happened, but Sarah Powers had a nice goal, which switched the momentum back to us and kept our lead in place," said Kennedy.

Lackley highlighted the team's improvement in its offensive strategy, defensive awareness, and team chemistry on Monday.

"We have been working on getting a lot of pucks to [the] net and we had a lot more shots. I think even in the first period we had more shots on net than we had the whole game on Saturday against Choate, so I think that was very important... I think every game we are getting better with moving the puck and reading each other on the ice. Also I think our defensive zone coverage was better and we were intercepting a lot of the other team's passes."

The team's high spirits carried on to Wednesday. Inspired by the home crowd and Keira Bruen's '26 goal, the team maintained good energy throughout the game, according to Lackley.

Lackley said, "Keira Bruen had the first goal. It was a nice slap shot. So I think that got us going with some good energy... We have been trying to get our energy up in practices and in our games and especially on our bench and I think that it was a lot better today. And we had a lot of cheering on the bench and a lot of support from everyone... there was a good amount [of fans]."

With a difficult opponent on the horizon, the team will continue to work on their finishing and defensive strategy in their upcoming practices, according to Kennedy.

"We play St. Paul's on Saturday which will be a really hard game, so we will probably work on our angling and our neutral zone play and shifting into different lanes so we aren't doing the same job and mostly getting shots on net and crashing the net because we haven't been scoring that much, so we will probably work on that," said Kennedy.

Girls Hockey will face St. Paul's at home on Saturday and Lawrence Academy away next Wednesday.

Aaron Huang
Jan 11, 2024

Road to Gold: Three Andover Athletes Bring Home Gold In Ice Hockey U-18 Women's World Championship



On January 14, Andover Girls Hockey players Molly Boyle '25, Caroline Averill '26, and Maggie Averill '27 helped Team USA secure gold over Czechia in the 2024 International Ice Hockey Federation Under-18 Women's World Championship. The three players started an extensive selection process last spring, and the finalized roster came out in the Fall. On January 6, they traveled to Zug, Switzerland, competing in a six-game

series where Team USA held an undefeated record, ultimately taking first in the world championship.

In addition to partaking in months of preparations to make Team USA, the players had to balance their lives at Andover and their roles on the Andover Girls Hockey team. Caroline Averill emphasized the support she received from the Andover community to make the process less intimidating.

"[For] the tryouts and stuff, it's definitely fun to go back and forth, and then obviously it's so fun to play for Andover with such a great team and have so much support from them and our coach Martha Fenton [83] and along with the other coaches, and teachers here, so they made it easy to switch back and forth, which was great," said Caroline Averill.

Caroline Averill mentioned the nerves she felt while competing at such a high level. To overcome them, she noted that the Team USA coaches were adamant about depending on each other for support and encouragement.

Caroline Averill said, "There's definitely nerves when it's leading up to such a big moment that you've been waiting for your whole life, especially for the finals. But, the coaches of the team are really strong on doing it together, and we can only do something special if we do it together."

Boyle shared a key principle that the Team USA coaches reiterated to the team. They told the players to "own your role," giving them the confidence to play to the best of their abilities for the greater success of the team.

"A lot of what our coaches would tell us is "own your role" and do it well... You're not always going to be the go-to person or the star. But I think it's important to know you're an important part of the team, and you were picked to be there for a reason. Playing here, I think it was great to know my teammates and coaches were so supportive of everything and super helpful throughout the whole process and great to have them on my side and helping me," said Boyle.

Maggie Averill noted how comforting and special it was to be able to compete at the international level with her teammate and older sister.

"It was definitely such a special experience playing with Molly and Caroline, obviously because she's my sister. If I needed anything or wanted to talk to someone they were always there, especially Caroline," said Maggie Averill.

While Boyle, Caroline Averill, and Maggie Averill were in Switzerland, Gabby Batchen '24 highlighted notable moments back at Andover, where the Girls Hockey team showed their unwavering support.

"Our whole team is very proud of all three of them for accomplishing what they've accomplished. We watched them, we set up screenings for us to watch them and we cheered them on. When Maggie got goals, we would all scream in the most random places. I know a bunch of girls would watch the games during class. We're just all really proud of them for accomplishing what they did," said Batchen.

Team USA ultimately won 5-1 in the championship game, extending its undefeated record against Czechia to 13 games. Boyle noted feeling accomplishment and excitement when she realized that the three Andover athletes had officially won gold with Team USA.

“It was a lot of hugs. Just hearing the final buzzer, and just it didn’t feel real, everyone celebrating together, and that we actually won together. Everything we had done had actually paid off,” said Boyle.

Angie Lucia
Jan 19, 2024

Girls Hockey Shuts Out St. Mark’s, Only Varsity Team to Play on Wednesday Due To Widespread Illness on Campus

Saturday 1/20 – Andover: 7, St. Mark’s: 0

Wednesday 1/24 – Andover: 5, Cushing: 2



On Saturday, Girls Hockey (6-2) hosted St. Mark’s and earned a shutout, with six saves from goaltenders Avery Rodeffer ’25 and three from Codi Pickering ’27. On Wednesday, Andover Girls Hockey traveled to Cushing and returned with a victory. The team came out strong, with four goals in the first four minutes of the game.

Head Coach Martha Fenton ’83 reflected on Saturday’s game and although the score was disproportionate, with Andover not letting in any goals and scoring seven, Fenton believes St. Mark’s put up a strong fight.

In an email to *The Phillipian*, Coach Fenton wrote, “St Mark’s was a gritty team who competed right until the end, so it was a great game despite the lopsided score.”

On Saturday, the team struggled with starting the game strong, but according to Boyle, Andover was able to improve upon this weakness in Wednesday’s game.

Boyle wrote, “On Saturday, I think that we struggled to come out fast which we really improved on today scoring four goals in the first four minutes. On Saturday, we were able to pick it up and cycle well throughout the offensive zone. This created a lot of space and scoring opportunities which we were able to capitalize on.”

Girls Hockey was the only team to play in its game on Wednesday. Due to 40 percent of the student body diagnosed with influenza or flu-like symptoms, all other sporting events were canceled.

According to Co-Captain Molly Boyle ’25, the decision of whether Andover would be allowed to play in its game was up to its opponents, Cushing.

In an email to *The Phillipian*, Boyle wrote, “We were very grateful and fortunate to be able to be the only Andover team to play today. The decision was up to Cushing and they said it was okay, so we were super excited for that opportunity.

Boyle highlighted Siena Glass ’27 as a standout player in the game against Cushing. According to Boyle, Glass was all over the ice, worked incredibly hard, and made some outstanding plays.



“Sienna Glass played very well in [Wednesday’s] game. She played super hard on the puck and made some very impressive plays in the defensive, offensive, and neutral zone” wrote Boyle.

Andover was missing four players on Wednesday, which, according to Fenton, was not too much of an issue, as the team has many talented players. Moreover, as the only team to play on Wednesday, Girls Hockey was grateful for the opportunity to play, and the team’s gratitude was reflected by the team’s performance.

Fenton wrote, “We were missing four skaters today, but thankfully we have good depth on this team and the other girls stepped up... I think we were all grateful for the opportunity to play, so if anything, it made the game all the more meaningful.”
Girls Hockey will play BB&N on the road on Friday.

Sophia Cratty
Jan 25, 2024

Nordic Skiing

2023~24

Coach: Keith Robinson

Assistant Coaches: Mika Latva-Kokko

Captains: Sage Preston

Letter Winners: Noah P. Binkowski, Jonas H. Giannoni, Anna M. Korczak, Yuxian Liu, Lauren V. Montgomery, Sage L. Preston, Matthew W. Robinson, James R. Snow, Stephen H. Snow, Zoe A. von Eckartsberg, Luke L. Williamson, & Emily H. Wu

Award Winner: PETER Q. MCKEE SKI CUP - Anna M. Korczak

Nordic Skiing

2023~24 Schedule and Results

Wed	12/06/2023	All-Gender Nordic Skiing	Holderness	A	2:30 PM		
Wed	12/13/2023	All-Gender Nordic Skiing	Dublin cancelled	A	2:45 PM		cancelled
Wed	01/10/2024	All-Gender Nordic Skiing	Holderness	A	2:45 PM		cancelled
Wed	01/17/2024	All-Gender Nordic Skiing	Proctor	A	2:45 PM		G: 7th, B: 8th
Fri	01/19/2024	All-Gender Nordic Skiing	Belmont Hill/River/Middlesex	A	7:00 PM	at Weston Ski track	G: 2nd, B:2nd
Fri	01/26/2024	All-Gender Nordic Skiing	Rivers/Middlesex/Belmont	A	7:00 PM	Weston Ski	cancelled
Wed	01/31/2024	All-Gender Nordic Skiing	St. Paul's	A	2:10 PM	at Dublin	B:6th
Fri	02/09/2024	All-Gender Nordic Skiing	Belmont Hill/River/Middlesex	A	7:00 PM	at Weston Ski track	G:2nd, B:2nd
Wed	02/14/2024	All-Gender Nordic Skiing	Dublin	A	2:45 PM		G:8th, B:9th
Wed	02/21/2024	All-Gender Nordic Skiing	NEPSAC Championship	A	11:30 AM	Proctor	



Phillips Academy Varsity Nordic Ski 2023~24

Noah P. Binkowski	2026	North Andover, MA
Mia S. Burton	2025	Valatie, NY
Billie-Christine Colmar	2027	Rognes, FR
Carlos Felipe de Siqueira-Castro	2027	Boca Raton, FL
Jonas H. Giannoni	2025	New York, NY
Brandon H. Horne	2025	San Francisco, CA
Anna M. Korczak	2024	Lake Forest, IL
Yuxian Liu	2026	Andover, MA
Lauren V. Montgomery	2025	Philadelphia, PA
Sage L. Preston*	2025	New York, NY
Matthew W. Robinson	2027	Andover, MA
Karis I. Sarkisian	2024	Los Angeles, CA
Dylan I. Siegel	2026	Durham, NC
James R. Snow	2025	New York, NY
Stephen H. Snow	2025	New York, NY
Sophie M. Staii	2025	Andover, MA
Yasmine Tazi	2024	Casablanca, MA
Zoe A. von Eckartsberg	2026	San Francisco, CA
Henry W. Wall	2027	Andover, MA
Luke L. Williamson	2025	Miami, FL
Emily H. Wu	2025	Boston, MA

*Captains

Coaches: Kevin Robinson & Mika Latva-Kokko
Manager: Karis Sarkisian '24

Nordic Skiing 2023~24 Race Highlights

JANUARY 17, 2024

Nordic Skiing AGV at Proctor Academy

NA G: 7TH B: 8TH-

IN FIRST RACE OF THE SEASON, YOUNG ANDOVER SQUAD SHOWS GRIT

Andover placed 7th in the girls race and 8th in the boys race in a 5k skate race at Proctor. The top performers for Andover were captain Sage Preston '25 who finished 28th out of 60 racers and Luke Williamson '25 who placed 29th out of 70. Sage was followed closely by Anna Korczak '24 and newcomer to the sport Lauren Montgomery '25 in her first race. The boys team was rounded out by James Snow '25, newcomer Henry Snow '25, Noah Binkowski '26, Jonas Gianonni '25, and newcomer Matt Robinson '27.

Next up, Andover takes on Belmont Hill, Rivers, and Middlesex in a Friday night race under the lights in Weston, MA.

FEBRUARY 9, 2024

Nordic Skiing AGV at Weston Ski Track vs. Belmont Hill, Rivers & Middlesex

2ND B: 2ND, G: 2ND-

ANDOVER RACES TO 2ND PLACE IN PAIR RELAYS

Andover travelled to the Weston Ski Track for a pair relay under the lights. The girl's race was first and the team of Captain Sage Preston '25 and Anna Korczak '24 took fourth place in a back and forth race with a few teams from Middlesex and Rivers. Lauren Montgomery '25 and Zoe von Eckartsberg '26 were 6th across the line and the teams of Iris Liu '26 and Sophie Staii '25, and Mia Burton '25 and Dylan Siegel '26 rounded out the Andover squad. Middlesex took the win, and Andover just edged out Rivers to take 2nd.

In the boy's race, Andover's top team of Noah Binkowski '26 and Luke Williamson '25 took 8th place out of 20 teams. Jonas Giannoni '25 and Matt Robinson '27 were 14th. Henry Wall '27 raced with a partner from Middlesex and did a fantastic job in only his second race. Belmont Hill took the win, Andover took second just ahead of Rivers and Middlesex was 4th.

Nordic Skiing In the News

Nordic Skiing Captain Sage Preston '25 Creates Team Spirit in Individual Sport



As an Upper, Andover Nordic Skiing Captain Sage Preston '25 stepped into an important role as the sole Captain of the Nordic team this year. Preston acts as a mentor for the newer skiers and enacts such through her leadership and belief in the importance of support and looking out for teammates.

Preston began Nordic Skiing during quarantine while staying in Sun Valley, Idaho. She joined the Sun Valley Ski Education Foundations Nordic Prep Team for a season and then continued her skiing journey on the Andover Nordic team, which she has been a part of since her Freshman year. Although Preston was still relatively new to the sport, her year of competing gave her a head start, as many on the team began with little to no experience.

Preston said, "I had an extra year on people and I was feeling more comfortable with the level that I was at here as compared to back in Sun Valley. I've been playing the sport for four years now competitively."

Utilizing her prior experience, both at Andover and in Sun Valley, Preston hopes to orient new players to the sport through engagement with the team. She uses her role as Captain as a means of building a stronger community with more experience and support.

"I just want to create a team where a lot of people [can] come in having not a lot of experience. It's a pretty uncommon sport so a lot of people are learning as they go," said Preston.

According to Zoe von Eckartsberg '26, Preston hopes to build a culture of inclusion and bonding on the team. She mainly fosters this environment during the days the team goes for runs or trains off of skis, particularly in practice when all of Andover Nordic is together.

"When we're not skiing, we're all one team, so she uses that time to really connect with everyone and get to know them before it starts snowing and we'll actually head out on skis and just kind of hang out with everyone and get to know them before we split off into those separate groups," said von Eckartsberg.

Luke Williamson '25 reiterated Preston's friendly nature, emphasizing the impact that it has had on the team's development during the winter season. He emphasized that she chooses to prioritize the team as a whole rather than individual racers.

"Sage is really focused on the team in general. Often, Captains will gravitate more towards their friends, or maybe a boy Captain is more focused on the boys [and] a girl Captain is more focused on the girls. I don't think she's like that. I think she's really about the whole team in general... She's leading it for everybody. She's talking to everybody. If we're skiing, she's willing to help anybody. If we're running, and somebody's struggling, she'll go run with them," Williamson said.

Preston recognized the stress and intensity of an individual performance sport, such as Nordic Skiing. Because of this, she attempts to calm nerves and channel excitement before races and sets an example of how to race with the team rather than as an individual.

"It's hard to stay motivated in individual sports, and it takes extra mental work than the other sports that I do... I'm always trying to make sure that I'm thinking about the other people on the team and not just my own stats when I race. I'm out there for a good time at the end of the day and I don't place too much stress on my results at the end of the day because it was all a learning experience," said Preston.

Williamson commended Preston for her ability to communicate well with Head Coach Keith Robinson '96, emphasizing the importance of a connection between a Coach and a Captain. Her work with Robinson has allowed the team to connect even more over the sport as they work to meet the needs of new and experienced athletes alike.

"She really is good at bridging the gap between the coaches and the students because we all like [Coach Robinson], but he's an adult and sometimes we're not on the same wavelength and I think Sage understands his perspective really well. Obviously, she's a student, and she understands our perspective," said Williamson. While adjusting her leadership to meet the needs of athletes unfamiliar with the sport, Preston hopes to not only offer advice herself but encourage teammates to rely on one another, as well. She emphasizes the importance of support on a team with newer skiers and hopes to build a team culture surrounding those values throughout the season.

Preston said, "I just want to be the type of leader who just makes others feel welcome, feel like they have room for error, feel like they can learn from me. I want to be able to have people feel comfortable coming up to me and asking for tips and I'm happy to give those tips. I just want to create a team where everyone feels like they can all rely on each other for advice. We can all cheer each other on and just learn together as we go."

Lily Williamson

Jan 19, 2024

Nordic Skiing Sees Success at Weston Quad Meet

This past Friday night, Andover Nordic Skiing competed against Belmont Hill, Rivers, and Middlesex. Despite some challenges, the team had a great experience with many improved performances from the meet prior.

Due to limited snowfall, the team has struggled to replicate race day conditions consistently, only managing to do so sporadically. Despite this, the team remained positive. Zoe von Eckartsberg '26 described the atmosphere of the meet as encouraging, with someone always cheering for you at every part of the course.

"It was also really nice to see a lot of the parents of our teammates come out. There were about three sets of parents there on Friday and it was really nice to just have a bigger cheering community," said von Eckartsberg.

Von Eckartsberg highlighted the work and determination of teammate Henry Wall '27, who completed his first race on cross-country skis. Von Eckartsberg noted that she was impressed to watch Wall keep up with the crowd, especially considering how difficult and exerting the race was.

"It was his first race ever. He just did an amazing job... He looked really strong... He just kept such a good attitude the whole time. I was really impressed by his positivity in a really rough race," von Eckartsberg said. The event presented a mental test for the team, offering them an opportunity for personal growth, not just as athletes but also as individuals. Anna Korczak '24 highlighted that this meet was especially demanding due to the repetitive nature of the race, along with numerous uphill sections and tight turns.

Korczak said, "There was a little bit of a challenge because there's not a ton of snow... Because of that, the actual course that we're racing on is super short... It was 16 times up and down, and eight laps, which is a lot because we were racing a 5k, but the course itself was probably less than a kilometer... We had a handful of people finish a lap before they were supposed to, and a handful of people did a lap or two more than they were supposed to."

This week, the team's training will be heavily focused on technique. The team hopes to incorporate double poling in it week of practice, a crucial skill for starting a race off strong. To work on their endurance, the

athletes continue to run longer distances, especially when there isn't much snow. Matt Robinson '27 commented on how the team planned to prepare for the race previously scheduled for Friday.

"Leading up to the meet we were working on technique. Since we had a meet on Wednesday, anyone who raced on Wednesday didn't practice on Thursday because of the immediacy of the next race, so we took a rest day. But leading up to it we had worked on technique by using skis but no poles, which makes it a lot slower, but it's better for technique work," Robinson said.

Looking ahead, the team aims to focus on enhancing its technique and maximizing its time on skis, considering that the availability of snowy practice conditions is never certain. Korczak emphasized both the team's endurance strengths and its aspirations to make technical improvements.

Korczak said, "Our next meeting is next Friday. We don't have one this Wednesday. Today, we focused on double poling, which is where we all went out into the field in Siberia and just worked for 45 to 50 minutes on upper body double pulling, which is super helpful at the beginning of races and is great for classic races. Then tomorrow and Wednesday, we're going to be doing distance runs to build endurance mostly because there's not going to be much snow between now and Friday."

Andover Nordic will compete against St. Paul's on Wednesday.

Anya Budzinski

Tara Menon

Jan 25, 2024

Boys Varsity Squash

2023-24

Head Coach: John Roberts

Captain: Christian M. Graziano & Sean Winston J. Luo

Managers: Posey Beckwith, Isabel Curran, & Mary Lord

Overall Season Record

Win	Loss	Tie
12	1	0

Letter Winners: Ali Gamal, Christian M. Graziano, Yiu Chun Lau, Todd A. Lin, Sean Winston J. Luo, Philip X. Meng, Pragun Seth, Corey C. Shen, Karan Singh, William L. Weissman, Congqing Yang, Haotong Zhong, Posey Elisabeth B. Beckwith, & Isabel M. Curran

Award Winner:

FAGAN SQUASH TROPHY- Christian M. Graziano

HOITSMA SQUASH AWARD- Sean Winston J. Luo

Boys Varsity Squash

2023-24 Schedule and Results

Wed	12/06/2023	Squash BV	Belmont Hill	A	4:15 PM	6-1	W	
Sat	12/09/2023	Squash BV	Deerfield	H	3:45 PM	4-3	W	
Wed	12/13/2023	Squash BV	Milton	A	4:45 PM	7-0	W	
Sat	01/06/2024	Squash BV	Choate/Taft	H	2:00 PM	Canceled		
Mon	01/08/2024	Squash BV	Brooks	A	4:45 PM	7-0	W	
Tue	01/09/2024	Squash BV	McCallie School Tennessee	H	5:30 PM	5-2	W	
Fri	01/12/2024	Squash BV	Groton	A	4:45 PM	7-0	W	
Wed	01/17/2024	Squash BV	Tabor	A	3:45 PM	5-2	W	
Fri	01/19/2024	Squash BV	Noble & Greenough	H	5:00 PM	7-0	W	
Sat	01/20/2024	Squash BV	Hopkins/Hotch/PEA	A	3:30 PM	1-6, 6-1	W	L
Wed	01/24/2024	Squash BV	St. Paul's	H	3:15 PM	4-3	W	
Sat	01/27/2024	Squash BV	Westminster/Choate/BH	A	1:30 PM			
Wed	01/31/2024	Squash BV	Exeter	A	2:45 PM	7-0	W	
Wed	02/07/2024	Squash BV	St. George's	A	4:00 PM	4-3	W	
Fri	02/09/2024	Squash BV	NEISA	A	12:00 PM			
Sat	02/10/2024	Squash BV	NEISA	A	9:00 AM			
Sun	02/11/2024	Squash BV	NEISA	A	9:00 AM			
Wed	02/21/2024	Squash BV	Exeter	H	2:45 PM			
Thu	02/22/2024	Squash BV	high school nationals	A	6:00 PM			
Fri	02/23/2024	Squash BV	high school nationals	A	6:00 PM			
Sat	02/24/2024	Squash BV	high school nationals	A	6:00 PM			
Sun	02/25/2024	Squash BV	high school nationals	A	6:00 PM			

Boys Varsity Squash

2023-24 Roster

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
Ali Gamal	2026	Cairo, EG
Christian M. Graziano*	2025	Greenwich, CT
Yiu Chun Lau	2024	Kowloon, HK
Todd A. Lin	2025	Aspen, CO
Sean Winston J. Luo*	2024	Ringoes, NJ
Philip X. Meng	2026	Hong Kong,
Pragun Seth	2025	Short Hills, NJ
Corey C. Shen	2026	Hong Kong, HK
Karan Singh	2024	Andover, MA
William L. Weissman	2025	North Andover, MA
Congqing Yang	2026	Shanghai, CN
Haotong Zhong	2024	Woburn, MA

*Captain

Coach: John Roberts

Managers: Posey Beckwith, Isabel Curran, & Mary Lord

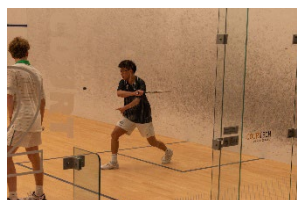
Boys Varsity Squash

In the News

Boys Squash Remains Undefeated, Overcomes Deerfield and Milton

Saturday 12/9 – Andover: 4, Deerfield: 3

Wednesday 12/13 – Andover: 7, Milton: 0



This past Saturday, Andover Boys Squash squeezed out a tight win against Deerfield. The team went on to defeat Milton Academy on Wednesday, sweeping their opponents with seven wins out of seven matches. Boys Squash remains undefeated with a record of 3-0.

Andover's intense competition with Deerfield served as motivation for the team, according to Co-Captain Sean Winston-Luo '24. Unlike the previous year's loss, Boys Squash was able to secure the victory.

Winston-Luo said, "I think it was a win or go home mentality. This is our biggest match of our season, so we knew we had to win, and Deerfield has always been a long time rival that we played really close matches with these last few years. So there's definitely feeling some pressure to win, but I'm glad the team carried through in the end, pushed through a lot of the close points."

Will Weissman '25 highlighted the trust that members of the team have in one another's commitment to the team. He noted that each player can easily support one another after matches even with an unfavorable outcome, knowing that everyone put their all into their respective matches.

"We're always very supportive of each other, like after a match we all know we gave it our all. So, no one's ever going to be disappointed with someone because they know they put in their best effort. So we're always pretty encouraging to each other and before the match, we got brunch together, just [to] talk about our match ups and prepare mentally," said Weissman.



Although Boys Squash secured a victory against Deerfield, Winston-Luo listed potential areas of improvement. He noted that many team members will be playing over the break.

Winston-Luo said, "We could be a little bit more attacking, sometimes we are a little defensive, but we'll be working on that in practice. During break, a lot of us will be playing so we'll be getting ready to gear up for the next match. We have some big matches coming up in January, so we'll be getting ready for that."

On Wednesday, Boys Squash swept Milton. Last year Andover didn't drop a match against Milton, so this year, Pragn Seth '25 shared that it was important for the team to uphold its dominance over Milton.

Seth said, "We were focused on playing our best. We knew that we had to defend our previous wins against Milton, so coming into our games we were really focused on taking it point by point."

While squash is an individual sport, the team prioritizes supporting each other between matches. Through personalized feedback, Seth noted how the team helps players find their strengths and capitalize on them.

"Before matches we made sure to guide team members and really focus on their strengths and during matches we came to give guidance and support," said Seth.

Andover will play Choate at home after the break.

Theo Wei
Dec 15, 2023

Boys Squash Extends Winning Streak, Defeating Brooks and McCallie

After two game cancellations on Saturday, Boys Squash (5-0) came back on Monday to sweep Brooks. On Wednesday, Andover continued its undefeated season with another win over McCallie School, who flew in from Tennessee to compete against Andover.

Phil Meng '26 shared the expectations the team had prior to playing Brooks. Although the team entered the matchup with a high level of confidence, each player was still willing to play their hardest.



Meng said, “We knew the match would be relatively light, so we went in expecting good sportsmanship, wanting to try regardless and play our best.”

Meng highlighted the team’s unwavering support throughout all the matches. The communication and feedback shared amongst the members of the team contributed to its success.

“Before every match, we made sure to talk to one another. We had pep talks [and] ran through possible [strategies]. If anybody was playing poorly, we would shout out from outside the court to motivate them,” said Meng.

Meng continued, “I really like how even though squash is an individual sport, everyone is there to play with each other and help each other out. Because at the end of the day, it is the team that wins and not one person.”

Pragun Seth '25 shared similar sentiments, highlighting the benefits that spending time together has had for the team.

Seth said, “I love the team camaraderie, I think all of us training on the court for so many hours every day has really formed a nice bond [between us].”

Seth also highlighted how teammates approached each other with feedback following each match. “Nobody lost any matches; but during matches, we came to each other and gave advice, and after matches, we cheered each other on for winning,” said Seth.

Going into Wednesday’s matches against McCallie, each member of the team gave it their all, anticipating a close match, according to Alexander Yang '26.

“We knew every match would be a tough one, and that either team could win, so everyone was locked in,” said Yang.

Yang highlighted teammate Avery Lin '25’s competitive match.

“Avery’s match was really close, he had a five gamer. Even though he lost in the last game, he did well to fight until the end,” said Yang.

Yang emphasized the benefits of a small team. The close-knit community allows each member to connect with each other both on and off the court, fostering a strong team dynamic.

Yang said, “The team’s pretty small, and so we all know each other pretty well. We are always there for each other on and off the court.”

Boys Squash will play away on Friday against Groton.

Theo Wei
Jan 11, 2024

Boys Squash Sweeps Groton, Continues Undefeated Streak

Friday 1/12 – Andover: 7, Groton: 0

Wednesday 1/17 – Andover: 5, Tabor Academy: 2

This past Friday, Andover Boys Squash (7-0) traveled to Groton and came home with its third shutout of the season. Despite having various team members absent at Friday's matches, Andover's consistent support for one another, unwavering determination, and hard work have earned it the win. On Wednesday, to follow up its sweep, Andover had a tighter contest against Tabor Academy (Tabor).

Co-Captain Sean-Winston Luo '24 talked about how the boys were able to stay focused throughout every point and how the team preserved although some teammates were away at Nationals.

Luo said, "You know I think it was just a winner's mentality, don't settle, we weren't trying to drop any games obviously, and just stay locked in. Don't take them easy... We were missing some boys, so some boys had to step up because they were playing many positions higher than they usually would."

Avery Lin '25 applauded Luo for executing his role as Co-Captain by being a person the team looks up to.

Lin said, "We knew we would have a lot of players missing so Sean was giving us very inspirational speeches... [Sean] is our role model, some might say even a deity. Sean is who I aspire to be, and I think that's how we prepared."

Lin additionally applauded Luo for his exceptional performance during his game in addition to his leadership that propelled Andover to its sweep.

Lin said, "Sean went in there with such passion and such grit. Even though he knew he was going to win, he still played each point to its end and didn't give up points even though he could. I think that is something that we all need to learn from. I think that as more of us start to realize Sean's greatness, we will be able to achieve more as individuals than as a team."

Lin also showed his admiration for the team's Head Coach John Roberts by talking about how the team's unwavering support and care for one another makes the squash team feel like a family.

Lin said, "Everyone knows what it feels like to lose, but when one of us loses it is really remarkable how we lift each other up... The glorious JR, John Roberts, is not just a trusted adult or a good coach. He is like a friend, and when he does random stuff like buy us coffee or take us to Chick-fil-A, we really see our team as a family."

Pragun Seth '25 noted the team's mentality before playing Tabor and how the team mentally and physically prepared for its matches.

Seth said, "We spent a good weekend training and worked hard to ensure that we were ready for our matches... We were optimistic about winning our matches and felt mentally ready."

Phil Meng '26 shared his great love for the team so far this season and the unwavering support expressed on and off the court to motivate one another before, during, and after games.

Meng said, "I love the supportive atmosphere and how people will hype each other up and coach each other... We would be outside of the courts ready to cheer and shout for our players."

Boys Squash will play Noble and Greenough on Friday at home.

Theo Wei

Jan 19, 2024

Boys Squash Suffers First Loss of Season Against Hotchkiss

Friday 1/19 – Andover: 7, Noble and Greenough School: 0

Saturday 1/20 – Andover: 1, Hotchkiss: 6

Saturday 1/20 – Andover: 6, Hopkins: 1

This weekend, Andover Boys Squash (9-1) had a shut-out against Noble and Greenough (Nobles). During its dual match versus Hotchkiss School and Hopkins, Andover suffered its first loss and came out victorious, respectively.

Starting the weekend off with Nobles, Alexander Yang '26 spoke on playing with power and determination regardless of its opponents.

Yang said, "I think Nobles is a pretty easy one, but we didn't want to drop any games so I think we were just mentally prepared to play a hard game as we would... I think we were all mentally locked in, ready to play our normal game no matter what."

Yang continued to applaud the team's performance. He recalled each player giving their teammates feedback between matches, which helped them secure this victory.

"Everyone played pretty well and everyone fought hard and we got the results that we wanted... I think everyone is pretty close to each other because we are such a small team. We would always coach whoever we were refereeing between games and tell them what they weren't doing well enough and how they could improve," said Yang.

Although Andover had an amazing game against Nobles, they suffered a loss to Hotchkiss, 6-1. However, after this game, Andover bounced back to defeat Hopkins 6-1.

Co-Captain Cristian Graziano '25 reflected on Andover's first loss against Hotchkiss. Hotchkiss ended its last season sixth at the New England Preparatory School Athletic Council (NEPSAC) Championship and ninth at Nationals in Top Division.

"Hotchkiss was our biggest match of the season, pretty much putting everything we had into it. All the matches building up to it, Hotchkiss was our climax. Especially with Hotchkiss, we knew we were the underdogs by quite a bit, so we were getting ready to go out there and fight. We knew it would be an uphill battle. We prepared for it and we had trained for it leading up to the match," said Graziano.

Corey Shen '26 recalled the team's anticipation for playing against Hotchkiss. Despite the loss, Andover prepared to overtake Hopkins with optimism.

Shen said, "For Hotchkiss, we knew this would be one of our toughest matches probably in our Andover careers. We knew that every match would be heavily contested and no match would be a walkover. In the end, I believe we got a bit unlucky with some of the results but [we have] a lot to learn from. For Hopkins, the main challenge was after we lost to Hotchkiss, I think that was a bit demoralizing and so we had to hype each other up and just move on to the next match."

Shen elaborated on Andover's shortcomings against Hotchkiss. Shen noted different ways the teams intended to improve their play for Nationals and NEPSAC.

Shen stated, "Going into an unfamiliar setting and court, we thought some of our lengths weren't ideal. A lot of the time they were popping off the side wall or bounce out too much or just being too short and we got punished for that. Lengths are just like backcourts, like our rails or crosses. So that is a major focus for the next few weeks and we are prepping for Nationals and New Englands."

Graziano emphasized the major focus of the season, which is getting a high ranking for Nationals. Graziano applauded the team for their unconditional support on Saturday, throughout the loss.

"Focusing and bouncing back. We have got a really strong team this year and we are trying to clinch the eighth seed at Nationals, so we just have to finish up the year pretty strong... Obviously it is a team sport, we were just all there for each other after a hard loss, the first loss of the season, so we had each other's backs and tried to help each other bounce back," said Graziano.

Andover Boys Squash will play away against Choate, Westminster, and Belmont Hill on Saturday.

Theo Wei
Jan 25, 2024

Andover Boys Squash Takes Its 10th and 11th Win of Season

Andover – 6 Westminster – 1

Andover – 7 Exeter – 0

Last Saturday, Andover Boys Squash (11-1) faced off against Westminster and took a clear win bouncing back from the loss against Hotchkiss. Following its win, Andover had a shutout against Phillips Exeter Academy (Exeter).

After the campus-wide influenza outbreak, the team had to adjust their practicing schedule. Will Weissman '25 elaborated on the team's strategy as they prepared for their match against Westminster, aiming for quick wins.

"Even though we had a long weekend, we still made sure to get a little training in the day before. We tried to get some [wins] off the board, get our mind right... Take them out as quickly as we can, no messing around," said Weissman.

Weissman continued, highlighting Ali Gamal '26's display of resilience in his performance coming back from a losing match.

"[In] Ali Gamal's match, he went down in the match 1-0, but then he came back. He was able to persevere and push through and focus on winning in the next three games," said Weissman.

Andover Boys Squash not only secured the win against Westminster, but the boys also swept long-time rival Exeter, 7-0.

Richard Lau '24 recalled the team's training session throughout the week to ensure the win against Exeter. With the New England Preparatory School Athletic Council (NEPSAC) approaching, every win is integral to placing high in the Class A Championships.

"We worked really hard prior to this match. Throughout the week we did challenge matches and trained really hard. I think the matches before this prepared us really well... It's a great rival team. It is always a big match against Exeter no matter the score," said Lau.

Co-Captain Christian Graziano '25 shared similar sentiments to Lau, highlighting the Andover/Exeter rivalry. Graziano elaborated on the team's mindset ahead of the larger upcoming tournaments.

"Exeter is our biggest rival so we had to bring it our all, which we did. We never let them think they had a chance... We just go out there and play hard, play strong. I think we just keep our mind set on our goals and move forward," said Graziano.

In preparation for NEPSAC and Nationals, Lau noted the importance of preparing the team for more endurance-based matches as the players come into harder matches.

"We should just keep playing the way we did, hitting the ball deep. We are going to have some tougher matches coming up, so we have to prepare for some five-game matches, not just expecting to win 3-0," said Lau.

With continued team effort, Andover hopes to make history by placing in the top eight for the first time at Nationals. For the upcoming matches, Weissman elaborated on Lau's point, emphasizing on focusing athleticism against difficult matchups to come.

"We are going to focus on fitness a lot for the next ten games. So we have two weeks before NEPSACs and we [have] Nationals the week after so we are kind of trying to work on our fitness and prepare for that... We are looking forward to NEPSACs and we are ready to make history at Nationals," said Weissman.

Andover Boys Squash will play this upcoming Tuesday at home against St. Paul's.

Theo Wei

Feb 1, 2024

Boys Squash Win Two Close Match-Ups, On Road to New Englands

2/7 Andover: 4 St. George's: 3



This Tuesday, Boy Squash won a highly anticipated match against St. Paul's. The following day, the team also won a close match against St. George's School, its last before heading to New England Interscholastic Squash Association Championship (NEISA).

Co-captain Sean-Winston Luo '24 described the team's preparation leading up to the match against St. Paul's. Winning against St. Paul's, a team with seven U.S. Squash national titles under their belt, would be an

indicator for the team at the upcoming squash Nationals.

"We were just coming off a long weekend and a lot of kids are traveling away from school, which gave us a lot of time to rest, but I feel like it's also a very good chance to get too relaxed in a way. So the day before we all soloed, we practiced. We came to the courts early on Tuesday to get ready for the match because it was one of the biggest matches of the season," said Luo.

Luo continued, "[We had] a very focused mentality. We knew this was going to be a very close match. They beat us last year to send us home from Philly. So definitely like a big loss last year, and I think there's a big sense of 'we want to get them back this year and play our hardest and get a win.'"

Having lost to St. Paul's at Nationals last season, Alexander Yang '26 emphasized the sense of redemption as the team matched up against players that they lost to the previous year. Yang applauded Will Weissman '25 for his performance against a repeat competitor.

Yang said, "Will's game was really interesting because he played the same guy that he lost to last year during Nationals. But this time, he did really well to beat the guy from St. Paul's, 3-0."

Luo also applauded Ali Gamal '26 whose deciding match helped Andover secure the win. Gamal's competitive matchup demonstrated his perseverance and promoted a spirited audience.

Luo said, "Ali Gamal had a really good match. At number seven, he was the deciding match... He won four games and it was very close. He was diving around a lot and started bleeding everywhere since he was diving so much. But that was definitely a really good match and everyone was watching that."



During the Varsity squash against St. George's, a few players from the JV1 squash team moved up to take the place of missing varsity players. Chris Fu '26 addressed the challenge of playing at a higher level than normally.

Fu said, "We knew [it] was going to be kind of close because there were only three Varsity players... I thought we did well for what we had and... [for] jumping up that many places."

Looking ahead, Luo highlighted areas of improvement for the team. Luo emphasized the next steps as the Andover team prepares to play challenging opponents in NEISA and at Nationals.

Luo said, "We could work on just being a little bit more sharp all around the court. A little quicker on the ball. A little more consistent. We're going to be heading into Deerfield this weekend for New England, and we'll be playing some of the toughest opponents we've played this year. So definitely going to [have] some tough matchups ahead and we're just going to fight hard, stay sharp, [and] make sure we're mentally ready to play."

Boys Squash will play away at Deerfield for New Englands this upcoming Friday, Saturday, and Sunday.

Theo Wei
Feb 8, 2024

Drawing from Experience: Boys Squash Coach John Roberts' Interactive Coaching Approach



From his humble beginnings playing squash in Northern Ireland to a critical role on Yale University's squash team, Head Coach John Roberts has forged an impressive squash journey. First introduced to the sport in a casual hit with his father at his local club, Roberts' passion for the sport has taken him on a journey leading him to his current role as the Andover Boys Squash head coach.

"I started playing when I was ten years old back home in Northern Ireland. My dad used to play, I'll say very recreationally... It became very addictive

early on and I played throughout my teenage years mostly in Ireland, but also around Europe. I played professionally for a year after high school and was fortunate enough to end up playing in college in the [United States of America]," said Roberts.

Roberts elaborated on his experience playing squash professionally after high school. He described his travels outside of Ireland and noted how he expanded his outlook on squash competing in tournaments around the world.

"The one year I did after high school was probably the best learning experience I've had. It allowed me to play and travel a bunch in Australia and Asia which was super cool. In lower-level pro squash tournaments, there's very little money, so breaking even from a tournament after travel and food is a big win," said Roberts.

Roberts emphasized the year's impact in expanding his horizons beyond his hometown and preparing him for a world beyond squash and academics. He spoke on how it set the stage for his subsequent endeavors in coaching and college squash.

"The year after high school was very different. For me, it helped me prepare more for the real world than during high school or even during college... After college, I, fortunately, always had a coaching job so playing pro tournaments on the side was for fun and motivation versus a career," said Roberts.

Now a coach at Andover, Roberts actively participates in squash sessions alongside his players. He strives to foster a collaborative and immersive learning environment and commented on his enjoyment working with upcoming players.

"I love still being involved in the game that gave me so much. It gets to a point where playing regularly becomes too hard on the body and recovery takes too long. Being able to coach young, motivated student-athletes, both on and off the court, is pretty awesome. They also keep you on your toes too," Roberts said.

Will Weissman '25 highlighted Roberts' role as both a mentor and a companion, offering guidance and constructive feedback as needed, while also extending a supportive presence for the whole team.

"He is a really amazing coach and he has played at a really high level in college and then some pro-level matches, so he has a really good understanding of the game. I started playing with him before I even got to Andover and he taught me the fundamentals of technique and strategy and just playing squash in general. He is less of a coach and more of a friend," said Weissman.

Throughout the offseason, Roberts maintains a close relationship with his players, providing his guidance and support whenever it is needed. Weissman highlighted Roberts' interactive role and hands-on approach to coaching, which is appreciated by many on the team.

"This is more outside of the season, but for most of the people on the team, you call him up once or twice a week and get on court for thirty minutes and he will give you a free lesson. You will hit and work on something specific. Freshman year he would get on court and play actual matches against us," said Weissman.

Reflecting on the essence of coaching, Roberts emphasized the significance of respect, empathy, and adaptability in both sports and life. He spoke on the importance of being flexible and adapting even when it is difficult.

“General level of respect, concern for others and discipline are pretty crucial. As for coaching, [the] biggest thing is probably to embrace change. Changing anything in life is uncomfortable, whether it be schools, jobs, cities, countries... so changing sporting techniques, tactics, and movements at first [is] difficult and it can be too easy to turn away from these changes,” said Roberts.

Henry Snow
Feb 23, 2024

Boys Squash Co-Captain Sean-Winston Luo '24 Instills Competition and Trust Within the Team



Co-Captain Sean Winston Luo '24 played his first match Lower year, after losing the first season of his time at Andover due to Covid-19. The year gave Luo a chance to play and improve under the guidance of upperclassmen, whom Luo expressed gratitude for and hopes to mirror when leading the team now that he has become a captain.

“A lot of the older guys were really good mentors and kept me going and motivated me, and I sort of want to reciprocate that to the

younger guys now. Step into the shoes, be the person who's guiding the team, making sure everyone thinks on pace and making sure there's a fun culture on the team and that everyone has a good team chemistry,” said Luo.

Regardless of the outcome of each match, Luo encourages a supportive team environment, believing in each player to make the best decision in the moment and play to the highest standards.

“One of the main values is trusting each other. I think all of us are very capable as squash players, but making sure that we hit the right shots on court, trusting that we make the right decisions when we're playing and trusting that we might not always win the match. But, we're always very motivated to keep playing and do a good job,” said Luo.

The team strives for excellence, reflected in the team's 13-1 record. Luo commended the players' ambitious nature, which helps them motivate one another and continually push for improvement.

“They want to get better. There isn't just a 'let's stop now, let's barely get this win,' but there's a big, 'we want to do the best we can' culture, and I think my teammates have been great. There's a drive to play at a higher seeding, which has been a little annoying, but has been something I really appreciate, [it] pushes me to work harder,” said Luo.

Luo continued, expanding on his experience as a Co-Captain, “It's honestly been such a great experience. I've had a great four years here. It's been great seeing the team develop over time and evolve. We've had a lot of guys cycle in and out. It's been a really good squad and really energetic, really good, best team chemistry I could ask for. It's been a really rewarding experience and I really enjoyed it.”

Alexander Wang '26 commented on Luo's technical skill and strategy as a player. Wang went on to highlight his sportsmanship on the court.

“He's very smart with his shot selection and is a master of deception. Also, he's just a great guy on court to play with as he has very good sportsmanship,” said Wang

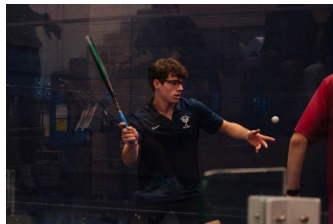
With this being Luo's last year, he holds high hope for the team, with the goal of making history by placing in the top eight in Nationals. Luo shared his aspirations for the upcoming matches.

“We have Nationals coming up, so that's really big. I think we're hoping for top eight, which would be the top, probably the highest finish we ever had in team history. So that's definitely our top priority right now. Trying to bring it home, bring[ing] us a good result, [to] have a good Senior day, chop up [Phillips] Exeter [Academy], it should be fun,” said Luo.

Despite participating in Nationals for the last three seasons, this year has been the most impactful on Luo. He reflected on his time during the team and on playing his final squash match at Andover. “It’s been a long run. I’ve played, this is my third Nationals, so I’ve played plenty of these, but having it been my last one, it’s a little bittersweet, but also very exciting. We have the opportunity to make history here, and I want to be part of the team and guide that team to getting that result,” said Luo.

Theo Wei
Feb 23, 2024

Through Discipline and Sportsmanship, Co-Captain Christian Graziano '25 Leads Boys Squash



Boys Squash Co-Captain Christian Graziano '25 has a passion for squash that drives his strong work ethic and inspires his teammates. Graziano prioritizes the team as a unit, while also making each player feel like they have a vital role.

Graziano began playing squash at 11 years old, which is significantly older than many of his peers. He noted as a player this drives his commitment to the sport and serves as one of his greatest strengths.

“I started squash fairly late compared to most people. The lowest category in squash is under 11, and I didn’t join until under 13. So, it definitely has been an uphill battle for me, but I’ve always been ready to put in the work. Just like not giving up, [this] has been one of my biggest strengths... I’m willing to go out there and absolutely give it my all,” said Graziano.

Graziano shared that the intense nature of squash keeps him invested in the sport. He noted the importance of consistent effort, especially since each match is played individually.

“I’d say, it’s a love-hate relationship, but the pressure is definitely something you can’t really find anywhere else. As much as it is difficult sometimes, the pressure definitely keeps it going and makes the game exciting. It’s just you out there with your emotions and yourself, so you have to kind of give it your all,” said Graziano.

Corey Shen '26 commended Graziano for his character and sportsmanship. He noted that Graziano always treats his opponents with respect no matter the circumstance.

“He knows how to keep a good image for Andover. He is hardworking and determination is a huge part of his character as well. Great sportsmanship, never blocks, always shakes the hand, never throws the racket. He always applauds his opponents and never trips at other players,” said Shen.

Philip Meng '26 shared Graziano’s dedication to the team’s unity in and outside of practice. He noted some specific events Graziano has organized to promote team bonding.

“He always says, ‘Hi’ when you’re walking by him, just around campus. He organized a few team dinners [and] a few team brunches before matches,” said Meng.

Shen highlighted Graziano’s innate leadership skills. He mentioned pre-match rituals Graziano leads to motivate the team for its matches.

Shen said, “I would say he’s a natural-born leader. Pre-matches, he always huddles us up, gives us a really inspiring speech, you know, makes us fired up and ready to play. He’s never messed up the team order.”

Graziano highlighted the importance of prioritizing the whole team over one individual’s performance, weighing each match equally. As a Co-Captain, he aims to keep his teammates working towards their goals.

“Keeping everyone on the right track, especially, during training and making sure everyone’s mindset is just where it needs to be, is especially important in squash, which is a solo sport, but your solo

efforts combine to be like a team event. It's important to make sure everyone is working hard...We have seven matches, and the number one match is worth just as much as the number seven, so every player is worth an equal amount, and you just have to make sure everyone's focused on their goals, and making sure everyone's disciplined," said Graziano. Graziano is committed to playing Division I Squash.

Alexander Dimnaku

Feb 23, 2024

Girls Varsity Squash

2023-24

Head Coach: Shaun Duffy

Assistant Coach: Hyeryoung Rhee

Captain: Migyu Kim & Christina F. Yen

Managers: Dilnawa Kizghin, & Joy-Shanti Sindayiganza

Overall Season Record

Win	Loss	Tie
12	7	0

Letter Winners: Jacqueline F. Brennan, Devika H. Hajarnavis, Ellie S. Israelov, Dilnawa D. Kizghin, Arden M. Kim, Migyu Kim, Prisha Shivani, Joy-Shanti Sindayiganza, Christina F. Yen, Liz C. Zhao, & Xu, Naxi

Award Winner:

WOMEN'S SQUASH TROPHY - Christina F.Yen

Girls Squash

2023-24 Schedule and Results

Sat	12/02/2023	Squash GV	Milton	H	3:15 PM	6-1	W	
Sat	12/09/2023	Squash GV	Groton tourney	A	2:15 PM	23-11	W	
Wed	12/13/2023	Squash GV	St. George's	H	3:45 PM	7-0	W	
Sat	01/06/2024	Squash GV	Choate	H	12:00 PM	4-3	W	
Wed	01/10/2024	Squash GV	Winsor	A	3:30 PM	1-6		L
Sat	01/13/2024	Squash GV	Taft/Loomis	A	2:30 PM	2-5, 2-5		L, L
Wed	01/17/2024	Squash GV	Tabor	A	3:45 PM	0-7		L
Sat	01/20/2024	Squash GV	Exeter	H	2:00 PM	5-2	W	
Wed	01/24/2024	Squash GV	St. Paul's	H	3:15 PM	2-5		L
Fri	01/26/2024	Squash GV	Groton	H	4:30 PM			
Wed	01/31/2024	Squash GV	Noble & Greenough	H	3:30 PM	8-0	W	
Fri	02/02/2024	Squash GV	Brooks	A	4:30 PM	8-0	W	
Wed	02/07/2024	Squash GV	Middlesex	H	3:00 PM	8-0	W	
Sat	02/10/2024	Squash GV	NEISA	A	9:00 AM	4-3	W	
Sat	02/17/2024	Squash GV	Deerfield	H	2:30 PM	7-0	W	
Wed	02/21/2024	Squash GV	Exeter	A	2:45 PM	7-1	W	
Fri	02/23/2024	Squash GV	high school nationals	A	6:00 PM	4-3	W	
Sat	02/24/2024	Squash GV	high school nationals	A	6:00 PM	2-5		L
Sun	02/25/2024	Squash GV	high school nationals	A	6:00 PM	2-5		L



Phillips Academy
Girls' Varsity Squash Roster
2023-2024

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
Jacqueline F. Brennan	2024	Brooklyn, NY
Devika H. Hajarnavis	2026	Dubai, UAE
Ellie S. Israelov	2025	New Canaan, CT
Minnie M. Kim	2027	Berwyn, PA
Migyu Kim*	2025	Berwyn, PA
Evelyn Kung	2026	Andover, MA
Prisha Shivani	2026	Houston, TX
Selene Xu	2027	Shanghai, CN
Christina F. Yen*	2024	Andover, MA
Liz C. Zhao	2024	Princeton Junction, NJ

*Captain

Coach: Shaun Duffy
Assistant Coach: Hyeryoung Rhee
Managers: Dilnawa Kizghin, & Joy-Shanti Sindayiganza

Girls Squash Highlights

DECEMBER 2, 2023

Squash GV vs Milton Academy
W 6-1

ANDOVER GIRLS VARSITY SQUASH WINS ITS FIRST MATCH VS MILTON

Girls Varsity Squash launched the season with a decisive win vs Milton 6-1. The following players secured wins: Minnie Kim, Liz Zhao, Selene Xu, Ellie Israelov, Prisha Shivani, and Evelyn Kung. Co-Captain Migyu Kim fought hard in a grueling 5 set match at the #1 position and just barely lost 2-3 in games with the last 5th game being decided at 9-11. Next up is St George's on Dec 13th at home.

DECEMBER 9, 2023

Squash GV at Groton School Tournament
W 23-11

ANDOVER GIRLS VARSITY SQUASH PLAYS IN GROTON INVITATIONAL

Girls V Squash participated in the annual Groton Invitational Tournament on Dec 10th vs Brooks, Tabor, Choate, Exeter, Nobels, Groton, and St Georges. We played 34 best of 3 matches and came in with strong winning record of 23-11. Most girls won at least 3 of their 4 assigned matches. The day was topped off with fierce match of Andover #1 Christina Yen vs the Tabor #1. The Tabor player barely escaped with the win 11-9, 9-11, 12-10. Christina showed grit coming back from several points down in the 3rd and it would have been very interesting if it was best of 5 match. The event gave us a good look at our competition for the season and very full day of match play and team bonding. Come watch us play St George's on Dec 13th 3:45

DECEMBER 13, 2023

Squash GV vs St. George's School
W 7-0

GIRLS VARSITY SQUASH DELIVERED ANOTHER VICTORY

Andover Girls Squash had a strong showing vs St. Georges with a 7-0 win before heading into winter break

JANUARY 6, 2024

Squash GV vs Choate Rosemary Hall
W 4-3

ANDOVER GIRLS SQUASH PICKS UP ITS 3RD WIN

Andover Girls Squash picked up its 3rd win of season to go to 3-0 and 6th place in the league standings. All players played one position up on the roster due to an injury so we rose to the challenge. Liz Zhao won the last deciding match 3-1 with a very focused and determined effort to help Andover win for the day.

Below are some stats for the season to date:

Individual matches win/loss 17-4

Individual games 55-15

Individual points 714-481

JANUARY 10, 2024

Squash GV at Winsor School
L 1-6

Girls Varsity had its first loss to a strong Winsor team. Migyu Kim secured the sole win with 3-2 match vs the Winsor #1.

JANUARY 13, 2024

Squash GV at Loomis Chaffee/Taft
L 2-5

TRI MEET VS LOOMIS AND TAFT

Andover Girls Varsity lost to both Loomis and Taft in a 3 team meet. Scores were 2-5 in each. Winning matches for Andover were Jackie Brennan (2 wins) Ella Kowal (1) and Ellie Israelov (1). Andover girls showed grit competing admirably having to play up a few positions each.

JANUARY 17, 2024

Squash GV at Tabor Academy
L 0-7

Andover girls squash competed against a talented Tabor team. No wins for the day but all girls fought hard for points. Jackie Brennan lost 10-12 in the 5th game in a very close match that could have gone either way. Next up Exeter.

JANUARY 20, 2024

Squash GV vs Phillips Exeter Academy
W 5-2

ANDOVER GIRLS VARSITY SQUASH TOPS EXETER

The Girls Varsity squash team beat Exeter today 5-2. Winning matches by 3-0 margins were Minnie Kim, Liz Zhao, Selene Xu, Jackie Brennan, & Ellie Israelov

JANUARY 31, 2024

Squash GV vs Noble & Greenough School
W 8-0

ANDOVER GIRLS BEAT NOBLES DECISIVELY 7-0 AND EARNED SPOT IN THE DIV 1 NEW ENGLAND TOURNAMENT

Earning wins for Andover today were Christina Yen, Liz Zhao, Selene Xu, Jackie Brennan, Prisha Shivani, Ellie Israelov, Evelyn Kung, & Devi Hajanavis

FEBRUARY 2, 2024

Squash GV at Brooks School
W 8-0

ANDOVER TOPS BROOKS 8-0

The Girls swept Brooks winning all 8 matches by score of 3-0 in games. Taking wins for Andover were Migyu Kim, Minnie Kim, Liz Zhao, Selene Xu, Jackie Brennan, Prisha Shivani, Evelyn Kung & Devika Harjanavis. Next up is St Pauls on Tuesday Feb 6th

FEBRUARY 19, 2024

Squash GV vs Groton School

W 7-0

Andover Girls improved its record to 10-7 for the season with strong performance vs Groton today

FEBRUARY 21, 2024

Squash GV at Phillips Exeter Academy

W 7-1



Girls Varsity won its last match of the regular season vs Exeter 7-1

Taking wins for Andover were Migyu Kim, Minnie Kim, Liz Zhao, Selene Xu, Jackie Brennan, Prisha Srivani, and Devika Harjanavis

Off to nationals in Philly tomorrow

FEBRUARY 23, 2024

Squash GV at U.S. High School Championships

W 4-3



ANDOVER GIRLS SQUASH BEAT SEASON RIVAL WINSOR TODAY 4-3 TO ADVANCE FORWARD IN US NATIONALS

Andover toppled Winsor 4-3 with magical ending in first match of the tourney. All matches were hard fought. Securing wins for Andover were Christina Yen, Migyu Kim, Minnie Kim, and PG Jackie Brennan. Andover and Winsor were tied 3-3 going in the 7th and final match when Jackie Brennan pulled out the win 3-1 to clinch the team victory.

FEBRUARY 24, 2024

Squash GV at U.S. High School Championships
L 2-5



ANDOVER TAKES ON POWERHOUSE GREENWICH AND SEASON RIVAL TABOR

Andover ran into perennial national champion Greenwich Academy on Saturday morning. It was exciting to be on the big stage and while we did not take any games we did manage to win 6-9 pts in several games which was a respectable result.

In our second match of the day we lost to Tabor 2-5. Two matches were decided by only a couple of points and could have gone either way almost ending in 4-3 win for us. Again, another respectable showing for Andover Girls! Selene Xu and Jackie Brennan won their matches.

FEBRUARY 25, 2024

Squash GV at U.S. High School Championships

L 2-5



ANDOVER COMPETES FOR 7TH POSITION IN THE COUNTRY

Andover took on local rival St. Paul's on Sunday for 7th position in the country. Captains Christina Yen and Migyu Kim powered through their matches 3-0 each. Despite the loss we finished the season ranked 8th in the country Division 1. Fantastic outing overall of Andover Girls Squash. Below is list of our roster for the year all of whom contributed to the team's success. Christina Yen, Migyu Kim, Minnie Kim, Liz Zhao, Selene Xu, Jackie Brennan, Ellie Israelov, Prisha Shivani, Evelyn Kung, and Devika Hajarnavis. Many thanks to our assistant Coach Hyeryoung Rhee and to our two managers Dilnawa Kizghin and Joy Shanti- Sindayiganza for their support and encouragement.

Girls Squash In the News

Girls Squash Dominates Milton in Season Opener

Score: Andover 6: Milton 1

Record: 1-0



Andover Girls Squash (1-0) kickstarted its season on Saturday with a win over Milton, the team that finished at the top of the Independent School League last season with a 14-2 record.

With Head Coach Shaun Duffy taking over the program for the first time, Andover had to adapt to new leadership. Co-Captain Migyu Kim '25 described working alongside Duffy to prepare the team for its season.

Kim said, "It's our first season with our new coach, and he's definitely been really good in helping us do basic drills and working on things, so that everyone can feel confident about their foundation and prepare for the season."

Selene Xu '27 detailed the practices leading up to the matches, which included technical skill work and scrimmages. On Thursday, teammates faced off against one another to determine their placement on the team.

“In practice, it was more of getting our shot to the back, where we did rotating rails and stuff, which helps with making your shots better. Also, the competitive matches for the ladder also helped on Thursday, because that got us into the mindset of actually competing rather than just training and doing skills stuff,” said Xu. The season opener was fueled by the energy and excitement coming from the crowd and players. In the team’s only loss of the day, Kim, Andover’s number one seed fell short by just two points in her fifth match. Evelyn Kung ’26 recalled Kim’s dynamic match.

Kung said, “Our Captain, Migyu, had a really great match. It went to five games, and it was pretty long. She was the last one playing so all the boys squash team, all the parents were watching her.”

According to Kim, Duffy is implementing new strategies off the court, like video analysis and journaling, to help the team reflect on its matches. Kim noted how these additions will help Andover find success.

“Our new coach is going to use the video footage so that we can watch our matches and do some match analysis of things we can work on and things we did well. We’ve also been trying to use journaling to reflect a bit more on our own games. It’s in the very beginning stages because we are in the beginning of the season but making sure we are using all of our resources to help us learn more about our games and things to improve,” said Kim.

Girls Squash will reflect upon the Milton matches to prepare for its upcoming tournament, noted Kung.

Kung said, “While the win helped with team spirit, it also showed us where we need to practice and what some of our weak spots are. We’ll definitely use what we learned from our success this weekend so we can do more at Groton next weekend.”

Andover Girls Squash will compete away at the Groton Invitational on Saturday.

Lily Williamson
Katherine Rodgers
Dec 8, 2023

Girls Squash Takes On Seven Schools At Groton Invitational Tournament and Sweeps St. George’s

Wednesday 12/13 – Andover: 7, St. George’s: 0



On Saturday, Andover Girls Squash (2-0) played in the Groton Invitational Tournament. Andover played seven teams: Brooks, Tabor Academy, Choate, Phillips Exeter Academy, Noble and Greenough, Groton, and St. George’s. In total, Girls Squash played 34 best-of-3 matches. On Wednesday, Andover hosted St. George’s and swept, winning all of its matches.

Across the day, the tournament at Groton was a packed day with 144 matches played. With seven different teams at the tournament, the energy was tumultuous. With that said, this organized chaos brought a lot of energy to each court. Prisha Shivani ’26 talked about how the fast-paced environment made for an electric tournament.

Shivani said, “The atmosphere was very fast-paced because they used a hot court system which means as soon as a match was done another one would start. Since we were playing multiple times we had to be ready to play at all times. Our team was very supportive of each other. There was never a match going on where we weren’t supporting each other. It was also very friendly, like a friendly tournament.”

Leading up to the tournament, the team focused on specific shots and match play to get more comfortable on the court. Shivani highlighted how the team’s work on shots helped Andover gain confidence going into Saturday.

Shivani said, “We worked on specific shots. One day we focused on boasts and another day drives and another day drops and kills. We got good practice with each type of shot so I think we were all more confident leading up to the tournament because we knew which shots were available to us. We also incorporated some match play in the practices leading up to the game so that was helpful because it was a really match-heavy day.”

According to Minnie Kim ’27, the bond between the team is a crucial factor in Andover’s success. Kim ’27 noted that on Saturday, the team supported each player and even provided tips when necessary.

Kim '27 said, "For every single match we had at least one team member would be watching and cheering and even coaching if that player needed help. I think this was great. We had a really strong team connection and bond."

Co-Captain Migyu Kim '25 credited the team's success on Wednesday to its physical and mental strength, and the work put in at practices.

Kim '25 said, "Overall, everyone is a great player and we have all been working really hard making the most of all our practices throughout the last couple of weeks. I also think the positive energy is always great. As a team, we all have great sportsmanship and are very resilient and focused. It isn't always the physical side of the game but also the mental side in squash. Everyone is positive and focused throughout their matches which helps us to be successful."

Andover will continue its season in 2024 against Choate.

Anya Budzinsk

Tara Menon

Dec 15, 2023

Girls Squash Wins in Close Competition With Choate, Falls to Winsor School in First Loss of Season

Saturday 1/6 — Andover: 4, Choate: 3

Wednesday 1/10 — Andover: 1, Winsor School: 6



Andover Girls Squash (4-1) played against Choate, pulling off a 4-3 overall win on Saturday. On Wednesday, the team had its first loss of the season against the number 1 Winsor School, winning one match out of seven. Saturday's matches against Choate brought ups and downs for the team. Co-Captain Migyu Kim '25 highlighted the collective persistence that helped the team secure the overall win.

"I was really happy with the overall performance, for the bottom four players, while we did have some losses, I think that they gave their best performances and everything that they had at the moment against their players and didn't give up and continued to show their best selves against these really strong opponents... There weren't any easy matches and everyone really gave it their all and were disciplined and focused in their matches," said Kim.

Similarly, Co-Captain Christina Yen '24 admired her teammates' grit in their close competition with the opponents. With the intense pressure of the match, the win required a full team effort.

"We won 4-3, and a couple of them were deciding matches. I know especially because our number two, Migyu Kim, was injured and she had to stay out, there was a lot more pressure for some of our players who are lower on the ladder to step up and I'm really proud of my team for being able to do that and winning that match," said Yen.

Kim saw the performances of teammates Ellie Israelov '25 and Selene Xu '27 to be some of the highlights of the Saturday. Kim emphasized their level-headedness throughout their matches.

"Ellie had some difficult games, but her composure on court and the way that she played and kept fighting was really memorable. I thought that Selene played great as well...even when things were getting a little bit tough, she stayed focused and calm and just kept on running after every ball too, so that was really admirable," said Kim.

On Wednesday, the team's matchup against a strong Winsor program resulted in a loss, with Kim winning the only match of the day. Despite the outcome, Xu noted the intensity of every individual player's match.

"Winsor has a very strong squash program, but it was a very valuable chance for us to get because we could play with opponents who were a similar level or stronger than us... One of our Captains, Migyu Kim, won, so that was really impressive. Everyone fought really tough, everyone was trying to get one point at a time eventually hoping to win, but they were apparently a bit stronger than us, but we can learn a lot from today's match," said Xu.

Xu shared that the environment of the matches uplifted the spirits of the team's first loss of the season. While it wasn't the desired final score, Xu felt that it was still an opportunity for teammates to share observations with one another.

Xu said, "The coaching in general was amazing, where we would help our teammates a lot and give them valuable feedback on how we can improve and what we did good on. Overall, everyone did a great job encouraging each other and giving constructive feedback."

Kim shared that while on a larger scale the team hopes to see success in post season tournaments, it is taking the second half of the season one step at a time, focusing on individual aspects of the game.

"I think that all of us are still working on sharpening up all of our points and just working on our fitness and all the usual things and are striving to be the best we can possibly be. [We are] of course, working toward New England's and Nationals at the end of the season, but those are more longer-term goals, so we're just taking it match by match and working on specific shots and focuses each day," said Kim.

Girls Squash will be away this Saturday facing Taft, Loomis Chaffee, and Phillips Exeter Academy at Loomis.

Orla Naughton

Jan 11, 2024

Girls Squash Falls Against Loomis, Taft, and Tabor

Saturday 1/13 – Andover: 2, Loomis Chaffee: 5

Saturday 1/13 – Andover: 2, Taft: 5

Wednesday 1/17 – Andover: 0, Tabor Academy: 7

Andover Girls Squash (4-3) lost to both Loomis Chaffee and Taft in a tri-meet on Saturday. On Wednesday, Andover faced a strong Tabor team and was swept 0-7.

Many players on the team went to an individual tournament on Saturday, so the team was left with fewer people to play in the matches. However, two players from the Junior Varsity Squash team joined the team, allowing Andover to still compete on Saturday.

Xu said, "Ella Kowal '25 and Audrey Wan '25 [who are] the JV [Co-Captains]... stepped up and took out a lot of their time on their weekends to help us out during this game."

Due to the missing players, members of the team played four positions up against Loomis and Taft. Xu noted how despite this setback, the team was still able to keep up a good fight against its opponents. Andover won a total of four matches over the two games, with two wins from Jackie Brennan PG'24, one win from Ellie Israelov '25, and one win from Ella Kowal '25.

"It was very challenging for us. However, some of us won our matches. I was really proud of all of us, even the ones who lost like me. But I think it was a good experience overall," said Xu.

During the team's match against Tabor, Minnie Kim '27 mentioned how the team maintained a good attitude throughout the day. She specifically highlighted each player's motivation to push through and compete, despite the score.

Minnie Kim said, "We had a tough loss, but we all fought really hard, and we tried our best. Everyone had a positive energy, no one was down, and everyone was being very supportive of each other."

Co-Captain Migyu Kim '25 mentioned how the team will move forward from these losses and hone its skills throughout the season.

"We are going to keep on playing strong and keep on doing fitness drills. I think also keeping it motivated, our team community is very important so we need to stay motivated," said Migyu Kim.

Andover Girls Squash will play Phillips Exeter Academy at home on Saturday.

David Siahaan

Jan 19, 2024

Girls Squash Dominates Exeter Despite Missing Both Co-Captains

Saturday 1/20 – Andover: 7, Exeter: 1



Andover Girls Squash (5-3) played against Phillips Exeter Academy (Exeter) and ultimately defeated Exeter by a large margin on Saturday. The team hopes this win will be indicative of the result of its Andover/Exeter (A/E) rivalry matches at the end of the season. On Wednesday, as a consequence of the Andover-wide epidemic, with approximately 40 percent of the student body sick with the flu, Andover's match against St. Paul's was canceled.

In anticipation of its matches on Saturday, Andover Girls Squash attended the Harvard/Yale game at Harvard University on Friday. According to Evelyn Kung '26, the team witnessed impressive performances from collegiate-level athletes, boosting team morale.

"[We] did a team bonding event on Friday when we went to the Harvard/Yale game and I think that kind of helped with team spirit. Also during practices, we focused heavily on hitting straight shots which I think translated into a lot of our matches," said Kung.

Despite both Co-Captain Migyu Kim '25 and Co-Captain Christina Yen '24 being out on Saturday, the team was still able to claim the win against Exeter.

Kung said, "Our [Co-Captains], Migyu Kim, and Christina Yen weren't playing, [but] they were still really helpful with going out and coaching all of us and encouraging us throughout our matches."

Minnie Kim '27 highlighted the team's excellent mentality on Saturday, and based on performance and effort, the team was ready to win.

In an email to The Phillippian, Minnie Kim wrote, "The team focused on having a fighting and winning mindset, and I think that having that aggressiveness helped us. We were able to focus on what we needed to do, and we were able to win."



Minnie Kim mentioned Kung, a player who, despite losing in five sets, showed a tremendous amount of effort and work through stress and pressure.

Minnie Kim wrote, "Although she lost in five, she worked so hard. Even to the last point, she fought for every single thing, and it was amazing. Since it was the last game of the match, everyone was watching, but she was able to play under that pressure."

Saturday matches against Exeter brought high energy to the Snyder Center, not only from the Varsity team but from girls JV1 and JV2. As this A/E rivalry persists every year, Kung mentioned that many of the Seniors from both Andover and Exeter were already familiar with each other.

"The atmosphere of the event was really fun because all three squash teams were playing so it was not just varsity but JV1 and JV2. Also, more of the senior members know the Exeter girls pretty well since they've been playing with them for a long time," said Kung.

According to Kung, Saturday's matches made a few things apparent to Andover that it needed to improve upon. As the season hits its midpoint, Andover looks to integrate a variety of shots into its play.

"A lot of us can get better at using a large variety of shots and not just hitting the same shots again because our opponents started to like to catch up on that and hit more cross courts," said Kung.

Minnie Kim noted the team's values, emphasizing that everyone is a part of the team and contributes to the team's triumphs and defeats. As squash is a more individualized sport, Minnie Kim clarified how each player is an integral part of the team and how no match, and in turn, no player is more important than the next.

Minnie Kim wrote, "I think that every game that each person on the team played was crucial. No matter what number a player is on the ladder, each match is worth the same amount of points, so every single game is important and matters."

Girls Squash will play Noble and Greenough at home on Wednesday.

Madeleine Shin
Jan 25, 2024

Girls Squash Sweeps Noble and Greenough

Wednesday 1/31

Andover: 7, Noble and Greenough: 0



On Wednesday, Girls Squash (6-3) defeated Noble & Greenough (Nobles). While both Varsity and Junior Varsity were supposed to have a match, because of injury and sickness, Nobles only had nine players, enough for one match. Co-Captain Migyu Kim '25 shared that the campus-wide spread of influenza disrupted practices leading up to the game. She noted that going into the game the players focused on what they could display, while still staying in tune with their health.

“We had a lot of players that were in and out because of sickness. We were focusing more on recovery and playing with what we could, with how our bodies were feeling and stuff. So, we were mostly prioritizing recovery and health,” said Migyu Kim.

Evelyn Kung '26 highlighted the performance of her fellow teammate, Ellie Israelov '25. Despite still recovering from being sick, Israelov won her match, aiding in the overall success of the team.

“My teammate Ellie had a really good match because she won, and she was honestly the sickest of us all. She was coming off the court hacking, but she still managed to pull through, and I thought that was really good,” said Kung.

Minnie Kim '27 shared that while the team was quieter than usual, it still brought the energy. The players used team celebration and motivation from the sweep to keep its spirits up.

“It was a little bit more quiet today, but despite that, everyone was really pumped. We were all really excited. Obviously we had a clean sweep, so we're all really excited about that. Also, it was our Captain's birthday, so we're also pretty hyped about that. We still have really positive energy, and we're all just really excited and supportive of one another. Everyone is coaching everyone, and it's fun,” said Minnie Kim.

Migyu Kim highlighted teammate Liz Zhao '24's persistence through her five games. She mentioned that despite the length of the match, Zhao performed at the same high caliber level in each game.

Migyu Kim said, “Liz had a really great match. She had a five-gamer, and really kept her composure throughout the whole entire match. Five gamers are obviously really stressful and tiring too, but she kept on playing with the same level of consistency and grit throughout the entire match, so she definitely deserves some recognition.”

Looking ahead, Kung shared that the team will need to work on fitness to bounce back after being sick. She noted that it aims to use its next match as an opportunity to improve in-match skills.

Kung said, “We need to work on getting back into shape because all of us have been sick. So a lot of fitness work, more drilling. We have Brooks on Friday, which I don't think is going to be that tough of a match, but it'll be good practice for all of us to work on match skills for when we get harder matches.”

Girls Squash will play Brooks away on Friday.

Tara Menon

Feb 1, 2024

Girls Squash Plays Three Matches Within Five Days

Friday 2/2 – Andover: 8, Brooks: 0

Tuesday 2/6 – Andover: 2, St. Paul's: 5

Wednesday 2/7 – Andover: 7, Middlesex: 0



After sweeping Brooks on Friday, Andover Girls Squash (7-4) was presented with the opportunity to attend a Saturday workshop with a Harvard Women's Squash alumna. Then, on Tuesday and Wednesday, Andover fell to St. Paul's and defeated Middlesex, respectively. Girls Squash was tested with three matches occurring between Friday and Wednesday.

Going into Friday's game against Brooks, Prisha Shivani '26 noted that the team felt confident in its ability to defeat its opponents. Despite this, Shivani discussed the importance of staying concentrated and stable during these matches.

"For Brooks, I think we went in to [it] knowing that we were a bit stronger than them. But even when you're playing strong [players] or players that are weaker than you, it's important to keep the basics in mind... So, a lot of us focused on one thing, just honing down on one thing to focus on during the matches," said Shivani. According to Liz Zhao '24, on Saturday, the team attended a session with Harvard Women's Squash graduate Eleonore Evans, where Andover players had the chance to workshop their skills, then play against one another.

Zhao said, "We worked with her mostly on fundamentals, training our basic shots and then doing some match play amongst ourselves. I think this translated into a better idea of strategy going into these matches, and more familiarity with each other's games."

Three days after the workshop, the team played St. Paul's at home. Shivani made note of her teammate Evelyn Kung '26's endurance and determination during her match.

Shivani said, "She did lose the first two, but it was really close. And I was really impressed with her because in the third game, she came back and won it."

This mental discipline was also displayed by Co-Captain Migyu Kim '25 in Wednesday's match against Middlesex. Kim had a close match and did not let small mistakes affect her play.

Zhao said, "She displayed amazing mental fortitude after she won the second game... Migyu was able to beat her opponent with some amazing shot choices and made far [fewer] errors."

According to Co-Captain Christina Yen '24, Andover plans to focus on improving its reaction times in the upcoming weeks.

Yen said, "Squash is a sport where you're playing in an enclosed space, so if your reactions to the ball are a bit off, it will affect your spacing and timing... We're a little rusty in regards to reading and reacting [to] the flow of the game, so that's one area that we all will definitely need to work on."

Girls Squash will play at NEISA on Friday, Saturday, and Sunday.

Tara Menon
Feb 8, 2024

In a Series of Close Games, Girls Squash Defeats Choate and Falls to Tabor Academy and Winsor at the New England Class A Tournament

Saturday 2/10 – Andover: 3, Tabor: 4

Andover: 4, Choate: 3

Sunday 2/11 – Andover: 3, Windsor: 4

Over the weekend, Andover Girls Squash (7-4) played at the New England Class A Tournament, competing in matches against Tabor Academy (Tabor), Choate, and Winsor. Defeating Choate and suffering two losses to Tabor and Winsor in very close matches, the team pushed through to show results against fierce competition.

Co-Captain Migyu Kim '25 noted that the team had to face very competitive teams throughout the course of both Saturday and Sunday matches but were able to perform well under the pressure.

"Being set to play against strong teams is obviously very intimidating, but I really appreciate how everyone went in with a really fighting mentality and just wanted to give it their all without really caring about winning or losing. It was definitely challenging to be faced against intimidating opponents, and I think we did a great job rallying together to show our best games," said Kim.

On Saturday, Liz Zhao '24 praised the team's number one seed and Co-Captain Christina Yen '24 for her hard fought battle against Tabor's number one seed. Even though Yen did not end up winning the match, Zhao highlighted her consistent effort and executed skill during the games.

In an email to *The Phillipian*, Zhao wrote, "Christina's opponent is an extremely tough player, one of the top players in the country, and has only lost once this entire season, if I recall correctly... This was the last match of our team's match against Tabor, so all of the girls gathered around to watch the incredible spectacle that

these two put on... Her opponent has amazing attacks to the front that require ridiculous amounts of control and finesse, but somehow Christina was able to get so many of those insanely accurate shots, which made me gasp every time. The two of them fought a long and bitter match that went down to the wire.” According to Zhao, the squad had a few focuses that they targeted leading up to the weekend to help them perform better. However, they also faced a competition-filled week in which they had to focus on skills and compete often.

Zhao wrote, “Leading up to the tournament, we did a lot of drilling with each other on specific shots and movements around the court. Many of these drills, which involve two or three players hitting certain shots to each other, are targeted at a couple specific shots, and we have a range of drills that cover all the shots we’ll eventually need in a match. The emphasis was definitely more on shot practice and repetition more than anything else, though in the week leading up to New England we actually only had one practice, since Monday was a day off, Tuesday and Wednesday we had matches, and we left for New England’s right after school on Friday.”

On Sunday, the team faced physical and mental challenges under the stress of the weekend and fatigue from frequent matches. Evelyn Kung ’26 described the Co-Captains’ work on Sunday to get the team excited and ready to improve against a very tough Winsor team who they lost to previously in the season.

“[Winsor] was also a really early morning match so everyone was pretty tired but our Captains tried to get us really warmed up and hyped before the match, they made us run court sprints and everything so we were all pretty excited about it because we wanted to have a shot. We ended up losing, but it was a lot closer than it originally was. I think originally we got swept or lost 6-1 but this time it was 4-3, and the deciding match was really really close,” said Kung.

As the season begins ramping up to its final few weeks, Kim spoke to the team’s focus on perfecting skills and working on personal improvements as they look towards Nationals.

“We’re going to be focusing on our fitness and sharpening up attacking shots and refining everything. It’s hard to say what as a team that we’re focused on, since we all have very individual games but making sure that we hone in on our individual weaknesses and improving them before Nationals at the end of the season,” said Kim.

Girls Squash will play at home against Deerfield on Saturday.

Orla Naughton
Feb 15, 2024

Girls Squash Co-Captain Migyu Kim ’25 Creates “Family” in Girls Squash Through Passion, Humor, and Dedication



Girls Squash Co-Captain Migyu Kim ’25 stepped into the role as a Girls Squash Co-Captain last season as a Lower. Leading with passion and dedication, she encourages her teammates to consistently go the extra mile. Through humor and positivity, she has shaped the team into a welcoming and fun community, serving as a role model on and off the court.

After her first experiences playing squash at a young age, Kim quickly fell in love with the sport. She highlighted that through the community and the progressive nature of squash, she has been able to stay passionate.

“Something that definitely kept me going is the people. The squash community is very small and that allows you to build strong relationships with those around you. Squash is also a very rewarding sport and you get to see gradual improvements over time.” said Kim.

Kim noted that she strives to create a strong environment that fosters positivity. Kim emphasized that a team community that values each individual on a personal level is vital to her leadership.

Kim said, “Values are important to the team. I think that the team dynamic and community is the most important for me. I never would want to be a leader that makes people feel like they are only an athlete and only matter for their performance. I just try to make sure that everyone feels included and that there’s fun and we’re making memories together. Just having a really strong team environment that provides comfort and a kind of family is one of the most important things to me as a captain.”

Kim's involvement and dedication to squash is recognized by her teammates. Evelyn Kung '26 mentioned that Kim can often be found putting in extra work and encouraging others to do the same.

"Migyu is an amazing athlete. She's always at practice and if she ever misses, she makes it up with a 6:00 a.m. practice by herself. She's very fitness intensive and even on off days. She'll always be around the court, hitting with the boys team, hitting with all of us, and she often runs captains' practices," said Kung.

Along with valuing dedication, Kim instills a fun and positive spirit into the team with music and humor. Kim highlighted how impactful a mindset can be while participating in a sport, and how she aims to positively contribute to her teammates' outlooks.

Kim said, "I encourage my teammates by spreading team spirit. I focus on doing my best to catch up with players individually and reach out to them to make them feel heard. I just like spreading light and fun energy by playing music, cracking jokes. I noticed that if you're feeling a certain way, that it affects your whole attitude around everything."

Prisha Shivani '26 highlighted Kim's composure, especially in a sport where one must stay focused over long periods of time. She acknowledged Kim's ability to always remain calm and collected even during intense matches.

Shivani said, "As an athlete I really admire Migyu, because she stays especially calm on [the] court. Squash is a tough sport mentally, and can be frustrating at times since you have to stay in a certain mindset for a long period of time. Migyu always stays composed on court, which is an amazing quality to have."

Kung noted Kim's helpful feedback during matches, sharing that she's always ready with constructive advice. In addition to on the court help, Kung noted that Kim is a role model that teammates look to off the court. "When we're not on the court, during team dinner, everyone is always looking to Migyu for help and support. She is always there for us when we need her to be. She's very supportive to all of us during matches and is right by our courts offering help and advice. This is especially helpful for me because I have only been playing for about a year, so having her there coaching me helps me feel a lot more comfortable," said Kung.

Shivani noted how Kim always provides reassurance before matches and encourages her teammates to create goals and hone in on specific focuses for their matches. She shared a specific phrase Kim uses before every match that resonated with her.

Shivani said, "Before every match, we usually huddle up as a team. Almost every time without fail, Migyu says, 'Play squash you are proud of, and leave everything else off court,' which is very reassuring. This has really stuck with me, and is now usually something I think about going into a match. During warm-ups she also typically urges us to think about one specific thing we would want to focus on in our match, and reminds us of that thing in between games."

Kim recognized how the team successfully made the jump from Division II to Division I this year. She shared high hopes for the last match of the season, the U.S. High School Championships, in terms of both performance and team bonding.

Kim said, "The team has come a long way. Last year we were Division II and found a lot of success, but now we've gone up a Division and had a lot of really great matches against strong schools. This weekend we're heading to Nationals and are competing against Winsor, who we've competed with multiple times this season, so I'd love to upset them in the first round. I have high hopes for Nationals and to make fun memories and do my best to make sure that everyone enjoys the last couple matches and experiences of the season."

Katherine Rodgers

Feb 23, 2024

Girls Squash Co-Captain Christina Yen '24 Leads With Expertise

Girls Squash Co-Captain Christina Yen '24, a self-proclaimed "squash nerd," gives more than just technical advice to the team. Yen strives to foster a team of players who can rely on one another, balancing the individual and team aspects of the sport.

Yen's love of the sport began when her brother, already a squash athlete, introduced her to the sport. Yen described how she was drawn not only to the facilities offered on campus but the supportive team environment.

“That drew me to come here, and that turned out to be a good choice because almost every single year, our team spirit has always been really strong and really great,” said Yen.

Having spent two years with strong upperclassman role models on the team, Yen takes inspiration from previous captains to be that role model for current Juniors and Lower on the team.

“When I was a [Junior] and Lower, we had amazing Seniors, and once I became an Upper and a Senior, I learned to learn from the former upperclassmen that I looked up to. That was a wonderful experience overall,” said Yen.

Co-Captain Migyu Kim '25 emphasized how Yen embodies what it means to be both a competitor and a captain. Kim highlighted Yen's duality in playing her own matches and supporting teammates.

“She just devotes her attention to whatever is going on in front of her. So in the match, she dials in. But when she's outside of it, or she's out from injury or from illness, she still comes in and supports the team with whatever she does, going around to cheer for her teammates or coach them and provide them with a lot of tips for their matches,” said Kim.

According to Liz Zhao '24, Yen's strength and experience as a strong player have enabled her to support teammates by giving them pointers in matches. Zhao recalled Yen observing matches and offering feedback and tips to her teammates.

“Christina is obviously a really good player, and because of that, she's really good at analyzing the other players. When we play matches, for example, and we come out in between games, then Christina will come. She's been watching a match, so she'll give us advice and she has so much match experience, just so much experience with the sport in general,” said Zhao.

Though squash is an individual sport, Yen actively works to build community within the team. Yen described her efforts to ensure that the team has discussions after matches and holds one another accountable.

“When we're doing well, after our matches, we always come together, talk a little bit, and discuss with each other what we thought went well. In some ways, [although] it is an individual sport, we also rely on other people to help us serve as people who are accountable for us when we make mistakes on [the] court with what we wanna continue working on,” said Yen.

As a captain, Yen hopes to relay to her teammates how building mental strength will not only improve their playing but also how they conduct themselves in the future in areas beyond squash.

“A large part of squash is that there's so much that can happen. It's a very fast game. You can't get caught up in your own emotions and things like that. Otherwise, you don't play as well. So a lot of what I'm trying to encourage in other people is the mental game. The mental game is strong and is very applicable in other places in life. Building self-awareness through learning to let go of things and staying in the present, that's sort of what I've been emphasizing as team captain. We'll always take that skill into other areas of life,” said Yen.

Lily Williamson
Feb 23, 2024

Boys Varsity Swimming & Diving

2023-24

Coach: David Fox

Assistant Coach: David Gardner

Captains: Ashton Ma & Raphael J. Sibuet

Overall Season Record

Win	Loss	Tie
7	0	0

Eastern's Champions

NEPSAC Champions

Letter Winners: Andrew H. Chinn, Oliver X. Feng, Andrew J. Kim, Pasawat Kantakom, Samuel Lee, Woori Lee, Ashton Ma, Eric Nie, Daniel Y. Seong, Raphael J. Sibuet, Oliver C. Stabach, Junhua Wei, Haoyu Zhang, Andrew Zhou, Yihao Zhou, & Ethan Zhu

Varsity Swimming Award: Not awarded

Boys Varsity Swimming & Diving

2023-24 Schedule and Results

Sat	01/06/2024	Swimming & Diving BV	Choate	H	1:30 PM	105- 73	W
Fri	01/12/2024	Swimming & Diving BV	St. John's Prep	H	5:15 PM	114- 67	W
Sat	01/13/2024	Swimming & Diving BV	Suffield	A	3:30 PM	127- 58	W
Sat	01/27/2024	Swimming & Diving BV	Deerfield	A	2:00 PM	106- 75	W
Tue	01/30/2024	Swimming & Diving BV	Westford Academy	H	5:15 PM	104- 61	W
Sat	02/10/2024	Swimming & Diving BV	Loomis	A	1:00 PM	98-77	W
Fri	02/16/2024	Swimming & Diving BV	Eastern's	A	1:00 PM		
Sat	02/17/2024	Swimming & Diving BV	Eastern's	A	1:00 PM		
Sun	02/18/2024	Swimming & Diving BV	Eastern's	A	1:00 PM	1st place	
Sat	02/24/2024	Swimming BV	Exeter	H	12:30 PM	105- 78	W
Sat	03/02/2024	Swimming & Diving BV	NE England	H	1:30 PM		
Sun	03/03/2024	Swimming & Diving BV	NE England Championships	H	11:30 AM	1st place	

Boys Varsity Swimming & Diving

2023-24 Roster

Andrew Q. Cai	2027	Ft Washington, PA	Enrique Mercado	2027	Bronx, NY
Joao Gabriel B. Carreiro	2027	Framingham, MA	Anthony C. Myers	2025	South Hamilton, MA
Joshua H. Chang	2027	Auburn, AL	Eric Nie	2026	North Attleboro, MA
Andrew H. Chinn	2024	Jakarta, ID	Sean Niu	2025	Newport Beach, CA
Oliver X. Feng	2025	Plano, TX	Andrew C. O'Meara	2024	Andover, MA
Luke B. Francis	2025	Cape May, NJ	Sean Pao	2026	Hong Kong, HK
Raymond H. Ge	2024	Skillman, NJ	Luke C. Piasecki	2024	Charlotte, NC
Vincent P. Giancola	2026	Hong Kong,	David M. Porto	2026	Vinhedo, SP, BR
Jasjit Hargun	2027	Andover, MA	Daniel Y. Seong	2025	Wyckoff, NJ
Owen M. Huang	2027	Cambridge, MA	Raphael J. Sibuet*	2024	Dubai, AE
Haesou Im	2026	Seoul, KR	Oliver C. Stabach	2026	Glastonbury, CT
Philip Jeong	2027	Suwanee, GA	William G. Sueling	2026	Lutz, FL
Pasawat Kantakom	2025	Bangkok, TH	Matthew P. Truong	2027	Andover, MA
Sahit Kathika	2027	Tewksbury, MA	Albert M. Tsao	2025	Cambridge, MA
Andrew J. Kim	2024	Grafton, MA	Argyrios D. Vaitos	2027	North Reading, MA
Cyrus C. Law	2027	Painted Post, NY	Junhua Wei	2027	Portland, OR
Linus C. Law	2024	Painted Post, NY	Brandon Xu	2026	Simpsonville, SC
Lucas C. Lee	2025	Los Altos, CA	Dean D. Yang	2027	Newton, MA
Samuel Lee	2024	Scottsdale, AZ	Haoyu Zhang	2027	Ap Lei Chau, HK
Woori Lee	2026	Paramus, NJ	Andrew Zhou	2024	Wilton, CT
Hooyeon Lim	2027	Seoul, KR	Yihao Zhou	2025	Larkspur, CA
Ashton Ma*	2024	Avon, CT	Ethan Zhu	2026	Dhahran, SA

*Captain

Coach: David Fox
Assistant Coach: David Gardner

Boys Varsity Swimming & Diving

2023-24 Highlights

JANUARY 6, 2024

Swimming and Diving BV vs Choate Rosemary Hall
W 105-73

GREAT PERFORMANCES IN EARLY JANUARY!

Andover, MA -- In its second competition of the season, Andover Boys' Swimming & Diving welcomed the varsity squad from Choate Rosemary Hall for the annual competition.

Among the highlights were Anthony Myers' ('25) best-ever time in the 50 Free with 23.84, Jay Kaufman's ('24) opening diving score of 217.35, Oliver Feng's ('25) 46.79 in the 100 Free, Haoyu Zhang's ('27) 5:10.41 in the 500 Free, Woori Lee's ('26) 53.79 in the 100 Back.

Having scored 105 points, Andover swam non-scoring exhibition the remainder of the meet. In the 100 Breaststroke, Sam Lee '24 swam a great time of 57.94!

Full results are linked:

<https://nepssa-activstor-produ...>

JANUARY 12, 2024

Swimming and Diving BV vs St. John's Preparatory School
W 114-67

FRIDAY NIGHT UNDER THE LIGHTS

Andover, MA -- This year's St. John's Prep meet created a rare opportunity for all 40+ swimmers on the Andover Boys' team to compete together at the same time. With a "junior varsity" meet and a "varsity" meet running simultaneously, this was a chance for the All-American and the rookie to have the same experience. It was much fun, with a lot of fantastic performances.

Full results are linked:

<https://nepssa-activstor-produ...>

JANUARY 13, 2024

Swimming and Diving BV at Suffield Academy
W 127-58

SOME GREAT PERFORMANCES AT SUFFIELD

Suffield, CT -- Suffield Academy welcomed the Andover team to the Andy Lowe Pool this afternoon. In an annual challenge, Andover competed with St. John's Friday night and then with

Suffield the next day. Fortunately, Andover seized this opportunity and had several good performances.

Full results are linked:

<https://nepssa-activstor-produ...>

JANUARY 27, 2024

Swimming and Diving BV at Deerfield Academy
W 106-75

GREAT MID-SEASON PERFORMANCES

Deerfield, MA -- In the midst of the challenging transition towards championship racing, the Andover Boys traveled to Deerfield and had many strong performances.

Among the highlights were Jay Wei's ('27) 21.80 anchoring the "B" Medley Relay, Andrew Kim's ('24) return to competition with a 22.60 in the 50 Free, Oliver Stabach's ('26) 47.74 in the 100 Free and Wei's 48.93, Raphael Sibuet's ('24) 4:44.57 in the 500 Free and Pippin Kantakom's ('25) 4:45.83.

In addition, Sibuet (47.77), Kantakom (48.27), Stabach (48.69), and Oliver Feng '25 (46.62) went 3:11.35 in the 400 Free Relay while Ashton Ma '24 (49.97), Wei (50.45), Eric Nie '26 (51.11), and Woori Lee '26 (49.33) went 3:20.86.

Full results are linked:

<https://nepssa-activstor-produ...>

JANUARY 30, 2024

Swimming and Diving BV vs Westford Academy
W 104-61

GREAT PERFORMANCES IN 1ST-EVER MEET WITH WESTFORD

Full Results: <https://nepssa-activstor-produ...>

FEBRUARY 10, 2024

Swimming and Diving BV at Loomis Chaffee School
W 98-77

GREAT PERFORMANCES IN FINAL PREP FOR EASTERNS

Full Highlights: <https://www.nepssa.org/meets/4...>

FEBRUARY 17, 2024

Swimming and Diving BV at Easterns Interscholastic Swimming and Diving Championships
1ST 599-



ANDOVER WINS 4TH EASTERN CHAMPIONSHIP SINCE 2019 ON 96% PERSONAL BEST TIMES

LANCASTER, PA – The Andover Boys' Swimming & Diving Team traveled to the Eastern Championships this weekend for a two-day event. Historically, Easterns is the most prestigious high school swimming and diving meet in the United States, and Andover has been fortunate to perform well there over the last decade, winning four of the last five championships. This year's meet included 31 teams.

After a season of illness and injury—including the loss of Oliver Stabach '26 for the meet—Andover approached Easterns knowing that it had to start the meet strong in the Friday morning preliminaries. And the team met the challenge. With 25 best times, a non-scoring “B” relay that would have placed 8th overall in the competition, and many remarkable performances, Andover positioned itself well for the evening finals.

The highlights of Friday's morning session included Raphael Sibuet's '24 200 Freestyle, in which he swam 1:36.44, which broke the Eastern record set in 2013 as well as the New England, School, and Pool records, all previously held by Andover's Max Hunger '20. Raphael's time would have been 12th in the United States last year among all high-school swimmers, attending both public and independent schools. Another highlight was Pippin Kantakom's '25 1:48.72 in the 200 Individual Medley, which broke Sam Donchi's '20 School Record of 1:49.34 as well as Neil Simpson's '19 11th-grade Record. In the evening finals, Pippin lowered his own records to 1:48.08, which would have placed 31st in the nation last year.

Friday's finals saw a repeat of great performances with most people swimming even faster than they had in the morning. One highlight of Friday evening was Andrew Kim's '24 2nd-place finish in the 100 Fly; because of injury, Easterns was Andrew's only third meet since August. At the end of Friday's finals, the 200 Freestyle Relay team of Sibuet, Kantakom, Jay Wei '27, and Ben Zhou '25 won the event only to be disqualified. With the victory, Andover would have entered Saturday with a 106-point lead, but with the disqualification, Andover entered Saturday with only a 42-point buffer over Haverford. Because Haverford entered four divers who would perform on Saturday, including the defending champion, while Andover had no divers, Andover knew the 42-point lead was not enough and knew that the Saturday morning preliminaries would demand its absolute best.

On Saturday morning, February 16th, Andover put together its single best swimming session in at

least 20 years, with all 15 swimmers qualifying for the evening's top 24 scoring finals—Andover's first time achieving this feat since it used to send only 5 or 6 swimmers to Easterns in the 1970s. The morning began with Kim, Wei, Ashton Ma '24, and Zhou all getting best times in the 100 Freestyle. In the following event, the 500 Freestyle, again, all four Andover swimmers achieved a best time with Sibuet again breaking one of Max Hunger's School Records with a 4:24.74. This time would have tied for 17th nationally last year. During the 100 Backstroke, Wei broke Oliver Feng's '25 9th-grade record with a 52.56, and all swimmers had best times. And in the 100 Breaststroke, Daniel Seong '25 had the fastest time, and three seniors—Andrew Chinn, Sam Lee, and Andrew Zhou—each positioned themselves to score valuable points in the evening.

Saturday evening's session saw Andover lose its lead following the diving session, but then spend the evening gaining points and securing a victory. Again, many were even faster in the finals, and a clear highlight was Sibuet and Kantakom placing first and second in the 500 Freestyle. As the winner of the 500, Sibuet received the [Fran Crippen](#) Memorial Award, and historians of swimming know the significance of placing 1-2 at Easterns in the 500. By the end of the evening, each Andover swimmer had scored points for the team, and Andover solidified its presence on the national stage of high-school swimming.

<u>Team Scores</u>	Prelims:	^ 20 th All Time
599 Andover	Woori Lee '26 (24.41) #	
480 Haverford	Sam Lee '24 (26.53) #	Eric Nie '26
450 Germantown	Andrew Kim '24 (22.23) #	1:45.67 # / 18 th Place
430.5 Mercersburg	Oliver Feng '25 (20.62) #	
404.5 Exeter	1:33.79	Haoyu Zhang '27
399 Brunswick		1:49.53 # / 31 st
327 Deerfield	Ethan Zhu '26 (25.20) #	
299 Malvern Prep	Daniel Seong '25 (26.14) #	
241 Episcopal	Ashton Ma '24 (23.30) #	<u>200 Individual Medley</u>
213 Lawrenceville	Ben Zhou '25 (21.41) #	
	1:36.05	Pippin Kantakom '25
		1:48.08 # / 4 th Place
# Personal Best		ALL AMERICAN
^ All-Time Andover	<u>200 Freestyle</u>	SCHOOL & UPPER
Ranking		RECORDS
	Raphael Sibuet '24	
<u>200 Medley Relay</u>	1:37.05 / 1 st Place	Sam Lee '24
	1:36.44 Prelims #	1:55.23 # / 7 th Place
Oliver Feng '25 (23.72) #	ALL AMERICAN	^ 12 th All Time
Daniel Seong '25 (25.83) #	EASTERN, NEW	
Andrew Kim '24 (21.97) #	ENGLAND, POOL,	Woori Lee '26
Ben Zhou '25 (21.23) #	SCHOOL RECORDS	1:55.80 / 8 th Place
1:32.75 / 4 th Place		1:53.60 Prelims #
ALL AMERICAN	Daniel Seong '25	^ 8 th All Time
^ 8 th All Time	1:44.71 / 13 th Place	
	1:43.88 Prelims #	Andrew Zhou '24

2:02.94 # / 20th Place

50 Freestyle

Oliver Feng '25
20.92 # / 5th Place
^ 8th All Time

Ben Zhou '25
21.72 # / 14th Place
^ 17th All Time

Andrew Chinn '24
24.41 # / 84th Place

100 Butterfly

Andrew Kim '24
48.51 # / 2nd Place
ALL AMERICAN
^ 3rd All Time

Ethan Zhu '26
51.10 # / 9th Place
^ 12th All Time

Ashton Ma '24
51.40 / 10th Place
51.28 Prelims

200 Freestyle Relay

Raphael Sibuet '24 (20.45)
^ 2nd All Time
Jay Wei '27 (20.98)
Pippin Kantakom '25
(20.96)
Ben Zhou '25 (21.12) #
Disqualified

Prelims:
Raphael Sibuet '24 (20.85)

Jay Wei '27 (20.76) #
Pippin Kantakom '25
(21.49) #

Ben Zhou '25 (21.37)
1:24.47
ALL AMERICAN
^ 4th All Time

Ethan Zhu '26 (22.38)
Daniel Seong '25 (22.32) #
Andrew Chinn '24 (24.06) #
Andrew Zhou '24 (23.99) #
1:32.75

100 Freestyle

Andrew Kim '24
46.06 # / 5th Place
^ 9th All Time

Jay Wei '27
47.32 # / 11th

Ben Zhou '25
48.12 / 16th Place
47.51 Prelims #

Ashton Ma '24
47.31 # / 17th Place

500 Freestyle

Raphael Sibuet '24
4:30.71 / 1st Place
4:24.74 Prelims #
ALL AMERICAN
SCHOOL RECORD

Pippin Kantakom '25
4:31.80 # / 2nd Place
^ 5th All Time

Eric Nie '26

4:45.11# / 13th Place
^ 15th All Time

Haoyu Zhang '27
5:05.40 / 24th Place
4:56.80 Prelims #

100 Backstroke

Oliver Feng '25
52.01 / 8th Place
51.05 Prelims #
^ 5th All Time

Jay Wei '27
52.68 / 12th Place
52.56 Prelims #
JUNIOR RECORD
^ 13th All Time

Woori Lee '26
53:05 / 13th Place
52.15 Prelims #
^ 12th All Time

Ethan Zhu '26
53.37 / 15th Place
53.07 Prelims #
^ 14th All Time

100 Breaststroke

Daniel Seong '25
56.32 # / 2nd Place
^ 5th All Time

Sam Lee '24
58.58 / 7th Place
58.20 Prelims

Andrew Chinn '24
1:01.70 / 20th Place
1:01.61 Prelims #

Andrew Zhou '24	Andrew Kim '24 (46.10)	Raphael Sibuet '24 (44.85)
1:02.11 / 21st Place	Oliver Feng '25 (45.82) #	#
1:02.01 Prelims #	3:03.85 / 2 nd Place	3:05.07
	ALL AMERICAN	
	^ 5 th All Time	Pippin Kanatakom '25
<u>400 Freestyle Relay</u>		(46.25) #
	Prelims	Ashton Ma '24 (48.45)
Raphael Sibuet '24 (45.38)	Oliver Feng '25 (46.36) # ^	Haoyu Zhang '27 (50.55) #
# ^ 5 th All Time	11 th All Time	Woori Lee '26 (48.81) #
Pippin Kantakom '25	Andrew Kim '24 (46.55)	3:14.06
(46.55)	Jay Wei '27 (47.31) #	

FEBRUARY 24, 2024

Swimming and Diving BV vs Phillips Exeter Academy
W 105-78



56 BEST TIMES AND AN 18TH-PEAT

Andover, MA – For the first time, Andover and Exeter met for the annual swimming and diving meet with all the members of both programs competing simultaneously.

With the opening of the Christopher Lynn Pool at the Pan Athletic Center, Andover has been able to eliminate the official distinction between “varsity” and “junior varsity” and has all 45 members of the team training together while usually competing on different days with different teams. In 2024, we tried something different, and it was great.

The Andover Boys competed in two distinct competitions with Exeter, and won both behind a remarkable 56 best times.

Those achieving one or two best times: Andrew Cai '27, Joshua Chang '27, Oliver Feng '25, Luke Francis '25, Joao Gabriel Carreriro '27, Vincent Giancola '26, Philip Jeong '27, Andrew Kim '24, Linus Law '24, Jeffery Lim '27, Co-Captain Ashton Ma, Enrique Mercado '27, Anthony Myers '25, Sean Niu, David Porto '26, Daniel Seong '25, William Sueling '26, Matthew Truong '27, Dean Vaitos

'27, Jay Wei '27, Dean Yang '27, Haoyu Zhang '27, Andrew Zhou '24, and Ethan Zhu '26.

Jasjit Hargun '27, Owen Huang '27, Lucas Lee '25, Andrew O'Meara '24, and Albert Tsao '25 each had three personal best times. And Cyrus Law '27 had four!

Additional highlights of the meet included Andrew Kim's 49.22 in the 100 Fly, shattering Arnold Su's '20 Meet Record of 50.38 from 2020.

Co-Captain Raphael Sibuet. In the 50 Free, Raphael established new School and Pool Records in 20.37. In the 100 Free, Raphael established both Pool and Meet Records by swimming 45.09.

Finally, in the 400 Free Relay, Sibuet (45.09), Feng (47.28), Ma (47.72), and Kim (46.77) swam 3:06.86, demolishing the Meet Record of 3:09.29 set by Andover in 2023.

Full Results: <https://nepssa-activstor-produ...>

MARCH 3, 2024

Swimming and Diving BV vs New England Division 1 Championships
1ST 428-



ANDOVER WINS 8TH CONSECUTIVE NEW ENGLAND TITLE

ANDOVER, MA – Two weeks after securing its 4th Eastern Championship, the Andover Boys' Swimming & Diving team won its 8th straight New England Championship.

Despite the program's focus on Easterns, the swimmers rebounded and achieved many best times. In fact, out of the 30 entries in individual swimming events, 19 were best times! That's remarkable following such a terrific Easterns.

Among the highlights of the meet were at least one best time by each member of the Class of 2024, Jay Wei's 9th-Grade record in the 100 Back (51.44), and Daniel Seong's '25 School and Pool records in the 100 Breast (55.35).

In the season's final event, Raphael Sibuet '24 led off the 400 Free Relay in 44.81, setting a new School Record, and the relay went on to establish a new Pool record. By setting the

record in the 100, Raphael became the first person in school history to own all four School records in the Freestyle, which constitutes ½ of all individual swimming events.

Team Scores

428 Andover

327 Exeter

316 Deerfield

275 Brunswick

224 Choate

194 Suffield

103 Hopkins

89 Hotchkiss

84.5 Loomis

68 Milton

67.5 Northfield Mount

Hermon

Personal Best

^ All-Time Andover

Ranking

200 Medley Relay

Woori Lee '26 (24.11) # ^
6th All Time

Daniel Seong '25 (25.50)
^ 5th All Time

Andrew Kim '24 (21.99) ^
4th Performer All Time

Jay Wei '27 (21.38)
1:32.98

Pippin Kantakom '25
(25.12)

Sam Lee '24 (25.41) #
4th All Time

Ethan Zhu '26 (23.23) #
^ 13th All Time

Ben Zhou '25 (21.29) ^
18th Performer All Time
1:36.05

200 Freestyle

Raphael Sibuet '24

1:37.70 / 2nd Place

1:37.00 Prelims

ALL AMERICAN

POOL RECORD

^ Top Performer School
History

Eric Nie '26

1:44.07 / 5th Place

1:43.83 Prelims #

^ 20th All Time

Ashton Ma '24

1:44.09 / 6th Place

1:43.76 Prelims

^ 11th Fastest Performer
All Time

Daniel Seong '25

1:43.94 / 7th in Prelims

but required to scratch
under league rules

^ 21st All Time

200 Individual Medley

Pippin Kantakom '25

1:48.97 / 2nd Place

1:48.85 Prelims / POOL

RECORD

ALL AMERICAN

^ Top Performer School
History

Woori Lee '26

1:56.88 / 8th Place

1:52.72 Prelims #

^ 8th All Time

Sam Lee '24

1:54.95 # / 9th Place

11th All Time

Andrew Zhou '24

2:10.14 / 29th Place

50 Freestyle

Oliver Feng '25

20.98 / 5th Place

^ 8th All Time

Oliver Stabach '26

21.92 / 11th Place

21.63 # Prelims

^ 16th All Time

Ben Zhou '25

22.32 / 20th Place

^ 18th Performer All Time

Andrew Chinn '24

23.67 # / 32nd Place

100 Butterfly

Andrew Kim '24

48.44 # / 3rd Place

ALL AMERICAN

3rd All Time

Ashton Ma '24

50.59 / 5th Place

49.88 # Prelims

7th All Time

Ethan Zhu '26

50.84 / 7th Place

50.71 # / Prelims

12th All Time

100 Freestyle

Oliver Feng '25

46.18 / 5th Place

45.84 # / Prelims

8th All Time

Oliver Stabach '26

46.82 / 8th Place

46.76 # Prelims

18th All Time

Jay Wei '27
47.29 / 9th
47.22 # / Prelims

Ben Zhou '25
47.88 / 14th in Prelims
but required to scratch
under league rules

500 Freestyle

Raphael Sibuet '24
4:32.84 / 1st Place
4:26.30 Prelims
ALL AMERICAN
POOL RECORD
^ Top Performer All
Time

Pippin Kantakom '25
4:35.50 / 3rd Place
4:34.90 / Prelims
5th Performer All Time

Eric Nie '26
4:43.64 / 5th Place
4:43.40 # / Prelims
11th Performer All Time

Haoyu Zhang '27
4:59.96 / 19th Place

200 Freestyle Relay

Raphael Sibuet '24 (20.59)
Top Performer All Time
Oliver Feng '25 (20.60) #
7th All Time
Oliver Stabach '26 (21.11)
16th All Time
Jay Wei '27 (20.98)
11th Performer All Time
1:23.28
ALL AMERICAN
^ 2nd All Time

Ashton Ma '24 (22.09) #

Andrew Chinn '24 (23.69)

Andrew Zhou '24 (24.59)
Haoyu Zhang '27 (22.84)

1:33.21

100 Backstroke

Andrew Kim '24
50.93 / 3rd Place
50.90 # / Prelims
^ 5th All Time

Jay Wei '27
51.44 # / 4th Place
JUNIOR RECORD
^ 8th All Time

Woori Lee '26
53:25 / 5th Place
51.52 # / Prelims
10th All Time

100 Breaststroke

Daniel Seong '25
55.35 # / 1st Place
ALL AMERICAN
SCHOOL and POOL
Records

Sam Lee '24
57.79 # / 3rd Place
^ 9th All Time

Ethan Zhu '26
59.19 # / 9th Place
^ 17th All Time

Andrew Chinn '24
1:01.53 # / 18th Place

400 Freestyle Relay

Raphael Sibuet '24 (44.81)
SCHOOL Record

Oliver Feng '25 (45.51) #
^ 11th All Time
Oliver Stabach '26 (46.56)
^ 22nd All Time
Pippin Kantakom '25
(45.41) # ^ 10th All Time
3:02.29
ALL AMERICAN
POOL Record
^ 3rd All Time

Ben Zhou '25 (47.49) #
Andrew Zhou '24 (52.47)

Haoyu Zhang '27 (49.48)

Andrew Chinn '24 (5

Boys Varsity Swimming & Diving In the News

Boys Swimming and Diving Wins First Meet of Season Against Choate

Saturday 105-73



On Saturday, Boys Swimming and Diving (1-0) competed against Choate at home, opening the 2024 season with an exciting win. The team's diligent preseason efforts were reflected in this win and in their commitment to upholding the high standards set by its previous season.

According to Ethan Zhu '26, all members of the team stayed disciplined during Winter Break. Head Coach David Fox informed the athletes of ways to pick up right where they left off when getting back into the pool this year.

Zhu said, "Over break, Coach Fox recommended to us that we stay in shape. That could mean getting into the pool or doing some other type of physical activity outside like running, going to the gym, or other things like that. When we came back to practice we just started off with hard training like usual."

Many athletes found the mental aspect of getting back to the pool challenging. Despite this Zhu was confident that the team would be able to rely on their training and the teammates during the meet.

Zhu said "Since we were coming off a break, we were all a bit tired, nervous, and not as optimistic as we normally are, but we knew we just needed to execute and use our training to do our best. The meets are pretty tiring and short, so we don't get that much rest.

Everyone's goal was just to perform as best as they could."

Many of the athletes went into the meet with a high level of attention to their performance.

Sam Lee '24 remarked that despite a heightened level of seriousness at the Pan Athletic Center, the team kept up a spirit of encouragement and cheerfulness.

Lee said "It was very focused and concentrated. All of us were out there to swim our best races, and of course, even if we were focused, we still supported our teammates. One of my favorite parts is being able to watch my friends and being able to cheer them on and create an encouraging environment."

Zhu reflected on the team's 2022-2023 season, where the National Interscholastic Swimming Coaches Association (NISCA) announced nine Andover athletes as the 2023 All-Americans and ranked Andover eighth nationally. He hopes that this year continues to challenge athletes to strive for such records.

Zhu said, "The team wants to keep up a streak of good work and good meets because last year we won both of our biggest meets of the season. We are coming off a very strong season, and we want to continue that. That means we have to train hard in practice and do our job outside of the pool by getting good sleep and eating well."

Energized by the support of their home audience, the team held up to its expectations.

Because swimming is more of an individual sport, Brandon Xu '26 believes that learning to

perform during demanding moments helps swimmers the most as they swim at a higher level.

“It’s all practice. Every competition and every race is an opportunity to get better, to try something different, and to hone in on your skills when the stakes are a little bit higher. It’s important to build good habits early on so when it comes time to race when it matters, especially at New Englands or Easterns, you can deal with the pressure and perform your best,” said Xu.

With more knowledge of races, the team identified methods to enhance their preparation for upcoming competitions. Xu pointed out that proper nutrition and rest will significantly help the team in its future meets.

Xu said “Everyone on the team now knows that meets are pretty fast-paced and that you don’t have a lot of rest in between your races. Being fully prepared and having snacks available to refuel between races is very important.”

Andover Boys Swimming and Diving will compete against St. John’s Prep at home on Friday.

Katherine Rodgers

Jan 11, 2024

Boys Swimming and Diving Continues Streak with Back-to-Back Weekend Wins

Friday 1/12 – Andover: 114, St. John’s Prep: 67

Saturday 1/13 – Andover: 128, Suffield Academy: 58



Andover Boys Swimming and Diving (3-0) has fostered high caliber and energetic competition this season so far. Andover continued that pattern with back-to-back wins on Friday and Saturday against St. John’s Prep and Suffield Academy, respectively. As the season progresses, the team looks to maintain its confidence and its win streak.

After winning its first meet of the season against Choate, the team stepped up in practice and honed in on technical skills, leading them to success on Friday and Saturday. Ethan Zhu ’26 mentioned this as he shared remarks about the team’s preparation leading into the meeting.

Zhu said, “In our last meet last week against Choate, we came straight off of break, so our times weren’t our best. So when we were preparing for the meet, we worked extra hard in practice and especially focused on the small details like turns and dives. This helped us step it up during the meet.”

This weekend, the team endured meets on both Friday and Saturday. Despite the exhaustion after Friday’s meet, Andover still managed to swim hard and bring home a win against Suffield Academy on Saturday. Sam Lee ’24 noted how the team prepared with sleep and nutrition.

Lee said, “We had a double header this weekend so we all made sure to get lots of rest and proper nutrition. Even if we were a little sore or fatigued after St. John’s [Prep] we still pushed through it and didn’t let it get to us.”

Many athletes were looking to see improvements in their scores and times. Lee recognized the energy over the weekend and specifically highlighted his teammate, Ben Zhou ’25, in his efforts in the relays and 50-Yard Freestyle.

“During this meet many people wanted to see improvements in scores and times making a really competitive and fun environment. In particular, I think Ben Zhou really stood out. He had a lot of good relays and was impressive in the 50-[Yard] Free which was fun to watch,” said Lee.

Despite swimming and diving being individualized sports, the team still manages to incorporate its team chemistry into its meets. Oliver Stabach '26 highlighted Andover's Co-Captains, Raphael Sibuet '24 and Ashton Ma '24, and their abilities to calm down the team amid high pressure situations.

Stabach said, “Our Captains are really good at calming the team down before big races and are encouraging while giving speeches before meets. In practice, they keep everyone disciplined and working hard. Outside of the pool we also have a lot of team dinners that help our team chemistry.”

The team has now gotten back its momentum after the break and is ready to take on the rest of the season. Zhu recognized the immense potential his team has showcased, emphasizing that with utilization, they have the opportunity to find success.

Zhu said, “I think this meet really marked how much strength we have this season and that we have a good opportunity to utilize that potential and excel this season. We just have to keep working hard in practices and meets to continue to win more meets.”

After a streak of wins both at home and on the road, Andover will compete in its next meet against Deerfield. According to Lee, Deerfield is going to be tough competition, but the team can do well so long as it pushes itself.

Lee said, “We have been able to start off the season really strong which has been great.

However, as we go into tougher meets, especially against Deerfield next week, we are really going to need to keep pushing ourselves in practice to prepare. The foundation is there, we just really have to build on it.”

Boys Swimming and Diving will compete against Deerfield away on Saturday.

Katherine Rodgers

Jan 18, 2024

Boys Swimming and Diving Remains Undefeated, Earns Two Wins Against Deerfield and Westford

Saturday 1/27 – Andover: 106, Deerfield: 75

Tuesday 1/30 – Andover: 107, Westford: 61



Andover Boys Swimming and Diving (5-0) raced on Saturday and Tuesday against Deerfield and Westford Academy (Westford) respectively. With a long bus ride over the weekend, followed by a local meet in the Pan Athletic Center, the team was able to take two wins late in the season.

Co-Captain Ashton Ma '24 spoke of the team's ability to prepare for its match against Deerfield. By engaging in calming activities and giving each other space, the team effectively readied itself to compete.

“Despite being on the bus for several hours, we don't do too much. I would say we're all locked in but not overdoing it. We stay relaxed, and a lot of us listen to music and do a little

bit of homework, but we are not really a team that needs too much energy or traditions to stay focused on swimming well,” Ma said.

General spirits were high among the team, with everyone thrilled to compete in one of the last meets of the season. Ethan Drew '24 highlighted Oliver Stabach '26 and Jay Wei '27 for their excellent performance at the meet.

“Collectively, we all did very well, but one person who excelled on Saturday was Oliver Stabach in the [100-Yard Freestyle]. He surprised us with a really fast time, especially for a meet this late in the season... Jay Wei, who is a [Junior], did really well [as well],” Drew said. Ma also mentioned Andrew Kim '24, who raced for the first time on Saturday after his injury earlier in the season. Ma expressed his optimism and added that the team was beyond excited to see Kim succeed upon his return.

“We had Andrew Kim, who’s been injured since the beginning of the season, but he’s recently recovered and swam for us on Saturday which was his first competition back. It’s been really nice to have him back, and it was awesome to see him perform again after he swam really fast in his race,” Ma said.

On Tuesday, Andover raced at Westford at home, with several team members showcasing great performances once again. Anthony Myers '25 shouted out Sam Lee '24, who had just come back from being ill.

“Sam Lee had a really good meet today after having Covid-19 for the last week or so. Since he missed our meet that we had on Saturday, to return to the team and do the most challenging event at the meet and then also placing second was really admirable. It just goes to show how dedicated he is to the sport,” said Myers.

With two strong swimmers back in the pool again, Andover Boys Swimming and Diving is looking strong going into the end of the season. Since only one meet remains until Eastern’s, Ma spoke on his aspirations for the team.

“These meets are all practices for our end of season, which includes competing at Eastern’s and New England’s, so I just hope for our team to perform its best and do what they should do to prepare for the race. My biggest hope is to ensure that our team is ready to swim at a high level so we can do well in the races that are very important,” said Ma.

Myers also expressed his gratitude for the supportive environment during Tuesday’s meet at Pan. He described the surprisingly filled viewing area and how the familiar community of a home meet motivated him and the team.

“I was very happy to see the amount of people who came to support us, and I’m very thankful. Not just parents, but also faculty, coaches, [and] teachers came to support kids who they know on the team. Other students also show[ed] up to support their friends. Since the meet was on a Tuesday the crowd that showed up was really surprising. Typically the school doesn’t have any type of sports events on a Tuesday, and to still have people at our impromptu meet was really awesome. Today, I was swimming my 50-Yard Freestyle, and being around so many peers helped me go faster and reach new areas I didn’t know were possible,” said Myers.

The team is looking forward to swimming at Loomis Chaffee on Saturday.

Michael Williamson

Feb 1, 2024

From Circus Arts to Diving: Boys Swimming and Diving Co-Captain Justus Kaufman '24 Leads with Resilience and Joy

Boys Swimming and Diving Co-Captain Justus Kaufman '24 has been a familiar face on the Andover Boys' Swimming and Diving team. Since joining the team in his Junior Year, Kaufman has been a part of the Andover's diving community throughout the entirety of his time at Andover.

Although he had never been a part of a diving team prior to Andover, Kaufman quickly discovered that his skills from his background in various circus arts were transferable to the sport of diving. Over the course of four years, Kaufman went from trying out diving for fun to becoming Captain of the team.

"Before I began attending Andover, I had done circus arts for a number of years as well as gymnastics and tumbling and other acrobatic endeavors. I figured that it might be fun to try out diving, using my tool kit from these other sports to hopefully have an advantage. I have not looked back since as I am now the captain in my fourth year of diving," said Kaufman. Sophia Lazar '26 highlighted Kaufman's ability to lead the team and his encouragement as a core part in cultivating a supportive environment for divers to feel able to stretch themselves in practice.

"[Justus] is a very encouraging and supportive leader. He always lets us know that he's there for us and always encourages us to step out of our comfort zone and to try new dives. A lot of us look up to him as an inspiration because he started diving his [Junior Year], and because of his hard work that he has put into the sport, he is an incredible diver. He does an excellent job at encouraging all of the new divers, including myself, to try and learn new dives," said Lazar.

Commenting on the difficulty of staying mentally strong while diving, Sydney Jan '27 commented on how Kaufman keeps team morale high. Although a singular bad day can affect the learning curve of diving, Jan emphasized how Kaufman balances pushing for improvement and getting through harder practices.

"Justus is a very supportive Captain. He's very understanding and always tries to cheer us up during practice. Diving itself is a very mental sport, so if you're in a slump, it's really hard to improve. Justus usually encourages through short phrases, just to let us know of his support and his belief in us as a team... [Justus] is a really good balance between the competitive and spirit oriented... He is always trying to improve the whole team's overall diving skills while also being the kind of person who's very supportive" said Jan.

Kaufman elaborated on the role that he placed himself on the team: leading the team with his experience and also acting as a connector between the athletes on the team and the coach.

"I'm the type of Captain who is able to answer questions. People on the team usually come to ask me about a dive or trick and I can typically answer that question or even raise it to the coach. I feel like I am able to bridge the gap between the athletes and our coach as well. I really enjoy being the Captain and definitely do my best to motivate and nurture the team," said Kaufman.

Lazar reflected upon a moment the team shared with Kaufman. She recalled a story that proved to her and the divers Kaufman's resilience and strength and reminded them of the overarching goal to enjoy the sport.

"Everyone has been trying to get a type of dive called reverse dives. So our Coach, Belinda, asked him to demonstrate one and he was really excited to do it. To everyone's surprise, the first time he did it, he just couldn't get the dive. Instead of presenting himself as upset and discontented, he started laughing and eventually, he did it flawlessly. He definitely used this

moment to demonstrate his strength and resilience. His reaction really helped all us who had been struggling that week in remembering that we are diving for fun,” said Lazar.

As a Captain, Kaufman spoke on the strength and tight-knit bond within the team as a strong motivator. Despite facing obstacles and challenges, he has constantly been drawn back to diving for the people he gets to dive with.

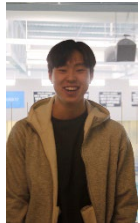
“The main reason I have come back to diving is because of the team. I definitely went through some experience of falling for the sport, but it was the team that kept me driven and having fun. There’s been a lot of turnover in divers this year but we had an identical team for three years where we had all formed to create a really close environment. Now, there are many new divers, and the few of us left have fostered a similar team community that we had last year,” said Kaufman.

Michael Williamson

Feb 8, 2024

Boys Swimming and Diving Co-Captain Ashton Ma '24 Creates “One Big Team” of Recently Combine JV and Varsity Teams

Finding ways to accommodate the recently combined Varsity and Junior Varsity teams, Boys Swimming and Diving Co-Captain Ashton Ma '24 emphasizes inclusion, focus, and hard work. As a leader and role model, Ma instills familial values and work ethic into the team.



Ma began swimming recreationally around age five, committing seriously to the sport after seven years. He highlights both the mental and physical benefits of swimming.

“It’s mentally challenging, which is a good challenge for me. It’s also a really good workout. It keeps me in shape,” said Ma.

Ma emphasizes the importance of encouragement within Boys Swimming and Diving. While swimming is normally an individual competition, the team balances that by fostering a strong collaborative dynamic.

Ma said, “I really love the team. Swimming is an individual sport, most of the time, but here at Andover, the team is very close, and we support each other a lot.”

Despite a larger roster due to the now combined Junior Varsity and Varsity Boys Swimming and Diving teams, Sean Niu '25 noted Ma’s commitment to forging connections with every athlete. He commented specifically on one of Ma’s motivational pre-meet rituals.

“He does his best to get to know everybody on the team, and he tries to create a team bond on a personal level with all of his teammates. He’s always willing to give a little pep talk at the end of our practices just to get us ready for meets,” Niu said.

As Co-Captain, Ma shared his guiding principles for being a leader: lending advice and suggestions to help the team improve as a whole. He noted the focus he puts on creating a supportive environment.

“[As Co-Captains we strive for] guidance. I feel like a lot of us [in] the team know what we’re doing, and we’re all focused on training. As captains, we don’t have to worry about that aspect of the sport. We are a close community, so after we merged the Varsity and Junior Varsity teams, it’s like one big team,” said Ma.

According to Anthony Myers '25, Ma is a role model for many swimmers on the team. By intentionally reaching out to each individual athlete, he creates a sense of openness and support.

“I look at Ashton as a leader of the team, he’s definitely trying to reach out to everybody on the squad that we have. He tries to reach out to the lowerclassmen and the upperclassmen as frequently as possible, just making sure that everybody on the team feels welcome and that they feel comfortable competing on a highly competitive team. I can come talk to him and get anything from him,” said Myers.

Niu shared that Ma’s influence on the team has been one that supports genuine community and camaraderie between teammates. He mentioned that his dedication to hard work in particular sets a positive example.

Niu said, “He tries to give us a sense of friendship among teammates. He also likes to instill an honest work ethic in all of us. He’s truly focused on not only bettering himself but bettering the team as well.”

Myers noted Ma’s ability to remain calm, especially before meets, allowing others to do the same. He also shared how Ma’s passion and work ethic set a high standard for the team.

“He definitely brings a laid-back kind of vibe to every practice. He’ll be the first one in the pool. He brings this aura that is calming for everybody, especially in the times before meets,” said Myers.

Ma stated that he focuses on discipline outside of technique to help the team achieve success. With Boys Swimming and Diving’s undefeated record, Ma stressed the importance of good sportsmanship and humility moving forward.

“We are doing really well. We don’t really need much motivation. At that point, it’s more like being respectful and sportsmanlike towards the other team as well and not being too ‘boasty’ and just playing it cool. Also, helping figure out why [athletes] might not have swum as well as they wanted to... [and] just reflecting and growing from that,” said Ma.

Lily Williamson

Feb 8, 2024

Boys Swimming and Diving Brings Home First Place From Easterns With Electric Performances

Saturday 2/17 – Andover: 1st place

On Saturday, Andover Boys Swimming and Diving (4-0) won the Eastern Interscholastic Swimming and Diving Championships (Easterns) in Pennsylvania. The team scored a total of 599 points, maintaining a comfortable lead throughout the meet before securing the ultimate victory.



Oliver Feng '25 described the exciting environment at Easterns, sharing how the team was elated at the win, particularly as a culmination of the team’s success after a season ridden with challenges.

Feng said, “The environment at Easterns was very exciting and encouraging, with everyone cheering each other on and supporting each other about the win. I think we’re all very grateful because this was a tough season because of a lot of factors that were out of her control such as injuries, sicknesses, and other issues that plagued our team. We were just proud that we could come together as a team and win Easterns and put up some pretty impressive performances.”

According to Jay Wei '27, everyone on the team played an essential role in obtaining the victory at Easterns. Wei spoke about his experience as a first-time participant in the meet. "Going into the meet, I felt sick on the ride to Easterns in Pennsylvania, which carried over to the full first day. However, once the meet started, I felt better. After our relay [was] disqualified on the first day, we were able to bounce back from that, and on day two, we kept our relays going. All the relay performances were really good. My individual events were on day two, and they went well. For the 100-[Yard] Backstroke, I ended up getting the [Junior] record, which made me pretty happy with my overall performance," said Wei.



Despite being unable to compete in the pool, Oliver Staubach '26 highlighted how he was able to still actively contribute to the team by providing moral support and physical assistance. Staubach said, "Easterns was a very hype environment with a lot of good competition. I wasn't able to swim because I got my appendix removed two weeks ago, which was kind of difficult for me. Although I wasn't able to swim, I did cheer for everybody on the team and was helping coach everyone as well. I did my best to help people with their splits, warm-ups, and everything else, which was a great way I was able to connect with the team."

Wei also emphasized the inspiring recovery journey of Andrew Kim '24 and his excellent performance at Easterns.

"I want to highlight Andrew Kim '24. He had a shoulder injury [at] the start of this season. He just joined back to practice around a month or two ago... It was awesome to see him bounce back completely and perform really well in his [100-Yard] Butterfly. His progression has been incredible, and I think he placed second or third in the [100-Yard] Butterfly with some really strong times," said Wei.

Boys Swimming and Diving will jump the blocks once more against Phillips Exeter Academy on Saturday.

Michael Williamson
Feb 23, 2024

Girls Varsity Swimming

2023-24

Coach: Hillary Kavanagh

Assistant Coach: Renee Silva, Sara Erdmann, & Ines Camacho

Captains: Isabella E. An, Elissa Kim, & Molly MacKinnon

Overall Season Record

Win	Loss	Tie
5	1	0

Letter Winners: Isabella E. An, Addison Deng, Madelyn J. Esposito, Grace Y. Hu, Elissa Kim, Kennedy C. Leach, Marian C. MacKinnon, Sahana P. Manikandan, Orla G. Naughton, Aimee L. Qi, Caroline I. Romano, Zixuan Ru, Hannah Song, Sophia L. Walker, Mia E. Wonacott, Sophia G. You, Alice Y. Zha, Valencia M. Zhang, & Ariana W. Zhao

Award Winner: WASHBURN AWARD - Not awarded

Girls Varsity Swimming & Diving

2023-24 Schedule and Results

Sat	01/06/20 24	Swimming & Diving GV	Choate	H	1:30 PM	Pan Athletic Center, Andover, MA	103- 74	W	
Sat	01/13/20 24	Swimming & Diving GV	Suffield	A	3:30 PM		105- 74	W	
Sat	01/27/20 24	Swimming & Diving GV	Deerfield	A	2:00 PM		96-86	W	
Tue	01/30/20 24	Swimming & Diving GV	Westford Academy	H	5:15 PM	Pan Athletic Center, Andover, MA	107- 61	W	
Sat	02/10/20 24	Swimming & Diving GV	Loomis	A	1:00 PM		107- 79	W	
Fri	02/16/20 24	Swimming & Diving GV	Eastern's	A	1:00 PM	Franklin & Marshall College			
Sat	02/17/20 24	Swimming & Diving GV	Eastern's	A	1:00 PM				
Sun	02/18/20 24	Swimming & Diving GV	Eastern's	A	1:00 PM		8 th place		
Sat	02/24/2 024	Swimming GV	Exeter	H	12:30 PM		89-97		L
Fri	03/01/20 24	Swimming & Diving GV	NE England	H	11:00 AM	Pan Athletic Center, Andover, MA			
Sat	03/02/2 024	Swimming & Diving GV	NE England	H	1:30 PM	Pan Athletic Center, Andover, MA			
Sun	03/03/2 024	Swimming & Diving GV	NE England	H	11:30 AM	Pan Athletic Center, Andover, MA			



Phillips Academy Girls' Swim Roster 2023-2024

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
Isabella E. An*	2024	North Andover, MA	Magdalena S. Mercado	2026	Hercules, CA
Jaceil A. Britton	2025	Wilmington, NC	Orla G. Naughton	2025	Andover, MA
Mayari K. Burt	2027	Port Charlotte, FL	Evangeline V. Oosting	2024	Haverhill, MA
Ava Y. Cai	2027	New York, NY	Riya P. Patel	2026	North Andover, MA
Annabelle Carrizosa	2025	Bogota, CO	Mira Patodia	2026	Belmont, MA
Alexandra Dalrymple-Roth	2025	Le Vesinet, FR	Anastasia L. Paul	2026	Vienna, AT
Addison Deng	2026	Shanghai, CN	Aimee L. Qi	2027	Sharon, MA
Nafissatou Diagne	2026	Chestnut Hill, MA	Caroline I. Romano	2026	Andover, MA
Madelyn J. Esposito	2027	Andover, MA	Zixuan Ru	2027	Beijing, CN
Sophia Geng	2025	Andover, MA	Mariam Saghirashvili	2024	Tbilisi, GE
Georgianna C. Harpole	2025	Claremont, CA	Sarah A. Samoluk	2026	Andover, MA
Sofia K. Hatzigiannis	2026	North Andover, MA	Hannah Song	2027	Seoul, KR
Grace Y. Hu	2024	Andover, MA	Eleanor M. Tong	2024	Stamford, CT
Madison E. Hugo	2025	Boxford, MA	Penelope M. Tong	2026	Stamford, CT
Whitney F. Kanter	2024	San Francisco, CA	Sophia L. Walker	2024	Plainsboro, NJ
Elissa Kim*	2024	Fort Lee, NJ	Mia E. Wonacott	2024	Bethesda, MD
Kennedy C. Leach	2025	Phoenix, AZ	Willow M. Wright	2026	Andover, MA
Erin Lee	2027	Jersey City, NJ	Melinda Z. Wu	2025	Cherry Hill, NJ
Sofia S. Lin	2026	Las Vegas, NV	Cindy A. Yang	2026	Andover, MA
Marian C. MacKinnon*	2024	Daniel Island, SC	Sophia G. You	2026	Naperville, IL
Lara S. Madan	2027	Austin, TX	Alice Y. Zha	2025	Montreal, QC CAN
Kaya Mangani	2027	Andover, MA	Valencia M. Zhang	2025	South Berwick, ME
Sahana P. Manikandan	2026	Princeton, NJ	Ariana W. Zhao	2025	North Andover, MA

*Captain

Head Coach: Hillary Kavanagh
Assistant Coaches: Renee Silva, Sara Erdmann, Ines Camacho

Diving

2023-24

Head Coach: Belinda Wolf

Captain: Justus Kaufman

Letter Winners: Theodore S. Berman, Sydney R. Jan, & Justus P

Phillips Academy Varsity Diving Roster 2023-2024

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
Theodore S. Berman	2025	Armonk, NY
Aeva S. Cleare	2026	Andover, MA
Sydney R. Jan	2026	Hong Kong, HK
Justus P. Kaufman	2024	Chicago, IL
Sophia A. Lazar	2026	New Orleans, LA
Kelley E. MacKinnon	2027	Daniel Island, SC
Ann E. Masterson	2027	Andover, MA
Chloe Park	2027	Little Neck, NY
Niki M. Tavakoli	2027	Andover, MA

Coach: Belinda Wolf

Girls Varsity Swimming & Diving 2023~24 Meet Highlights

FEBRUARY 10, 2024

Swimming and Diving GV at Loomis Chaffee School

W 107-79



ARIANA ZHAO '25 BREAKS NEPPSA RECORD IN 100 SCM BACKSTROKE!

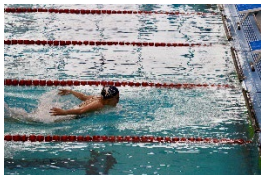
In today's dual meet against Loomis Chaffee, **Ariana Zhao '25** broke the New England Prep School record, as well as the Loomis pool record, for the 100 SCM backstroke with a time of 1:00:82!

Ariana's time of 2:05:87 in the 200 SCM freestyle broke a pool record from 1987. Great team effort against a group of fast Loomis swimmers! GO BIG BLUE!!!

Girls Varsity Swimming & Diving In the News

Girls Swimming and Diving Dominates in Home Opener Against Choate

1/6/24 – Andover: 103, Choate: 77



Andover Girls Swimming and Diving (1-0) kicked off the season with a win against Choate on Saturday. After returning from Winter Break, the team only had a few official practices to prepare for its meet. However, Andover rose to the occasion and was able to put out a strong performance in its home opener, defeating Choate by a large margin.

According to Addison Deng '26, the team worked on minor technical skills in the few days it had before Saturday's competition.

Deng said, "Closer to the actual meet...we focused a lot on the small technical things like turns, dives, and relay dives, and we did a couple of turning drills given by [Head] Coach Hillary

[Kavanagh] and I think those really help to refine small racing details. Within the last two days, there isn't much that you can do with regards to your swimming that can actually help you improve, but, it's those small turns and dives and details that can really help you drop that last [tenth of a second]." Deng highlighted Hannah Song '27 for her exceptional effort and results in her first meet for Andover. Song raced in the 200-Yard and 500-Yard Freestyle events.

Deng said, "She was put in the 200-Freestyle and the 500-Freestyle and just shined in those events and as a [Junior], she was able to sweep the field. She did really well, just giving it her all."

According to Alice Zha '25, the team's positive morale on Saturday contributed to the team's strong performance.

"The relays [had high energy]. I swam in one of them, so that was really nice to be part of. But to watch, the first one [had the most energy]. It was the beginning of the meet and everyone was there. It was really fun. Everyone was cheering," said Zha.

Looking ahead, the team will continue to build off of its pre-break conditioning and post-break work on technical skills, as they prepare for the upcoming meets. Kennedy Leach '25 recounted the importance of continuing technical work.

"On the last day of practice before the meet, we were working on our open turns, which [Coach Kavanagh] expressed that we should nail so that we can have faster turns in a meet. So, that was something that she was very focused on in one of our practices, and probably more in the future," said Leach.

The team also hopes to expand the variety of events that swimmers are able to partake in during meets. Deng emphasized the team's goal of competing in different events at lower stakes meets in order to build confidence.

"Signing up for events that we may not see ourselves doing at big championship meets, but are worth a good try are worth it to try out at smaller dual meets. I would say our team is pretty strong and no matter which events that we put our swimmers in, we will probably be able to succeed in the dual meets. Just taking that opportunity and expanding the events that we can swim [in]," said Deng. Andover will swim against Suffield Academy in a dual meet away on Saturday.

Lily Williamson

Jan 11, 2024

Girls Swimming and Diving Defeats Suffield

Saturday 1/13 – Andover: 105, Suffield Academy: 74

Andover Girls Swimming and Diving competed against Suffield Academy on Saturday, securing a win in its second meet of the season.

In preparation for the meet, Andover broke off into different groups to specifically target each type of event. According to Chloe Ru '27, this greatly pushed the team toward its success.

"Leading up to our meet, during training we often split into different groups, so we had some swimmers do mid-distant sets because they were swimming distance during the meet, like longer events. And then for the other group we had sprinters be in one group, sprint practice for the meet. That helped practice better for our competition," said Ru.

After a two and a half hour drive to Suffield [Academy], Hannah Song '27 noted the energy that Co-Captain Molly MacKinnon '24, Co-Captain Elissa Kim '24, and Co-Captain Isabella An '24 brought to the meet. She shared their ability to support the team, while also prioritizing respect towards the other team.

Song said, "The individuals that stood out the most were Molly, Elissa, and Izzy. Because they took care of the team, [they] congratulated everyone. They were the ones that got us hyped up, they

helped us get ready for the meet and loosen up after [a] two hour and a half drive and then they always maintained the sportsmanship and were encouraging.”

According to Song, Suffield [Academy] also displayed good sportsmanship, through positive accolades and congratulations. She also noted the intense concentration shown by both teams.

“The atmosphere of the event was really nice because even Suffield [Academy] swimmers had really good sportsmanship. They would say, ‘good job’ or after your heat they would congratulate each other, and they were just really nice people overall. I feel like everyone was really focused,” said Song.

In terms of Diving, Sydney Jan ’26 emphasized the importance of every detail. She noted that the sport requires immense focus and flawless technique.

“The thing about diving that’s different to other sports is that it’s a competition of several crucial moments rather than just one or two. Every time someone gets onto the diving board, the crowd and everyone else falls silent. The only sound you hear is the slight twang of the diving board as it goes up and down, then the sudden pop right when the diver jumps off. Each dive requires intense concentration and since the scores are released after the meet, it is crucial that we try to perfect every dive,” wrote Jan in an email to The Phillipian.

Ru noted that despite dominant performance, the team wasn’t flawless in all aspects of the meet. She mentioned that Suffield Academy’s pool was much different than the Pan Athletic Center, and it led to some mistakes during the meet.

“As for weaknesses, honestly this is technical, but we’re not really used to the Suffield [Academy] pool because it was a lot different from Pan [Athletic Center]. So for a lot of events, for the turns, we messed up because the pool was really different from the pool we were used to. I think we’re going to have to adapt better in a technical way,” said Ru.

Looking ahead, Ru shared the team’s goals to improve endurance and power. It plans to utilize its off week to get more training in.

Ru said, “As for the upcoming week, I don’t think we have a swim meet this weekend, so we’re probably going to work on more strength and stamina training to get our strength up and do some technical work, especially on turns because my coach was talking about how we needed a lot of practice on turns because these small things can influence your time a lot during races. So we’re probably going to work on turns and strength and stamina training because our next meet is on I think next Sunday.”

Girls Swimming will compete away against Deerfield next Saturday.

Madeleine Shin

Jan 18, 2024

With Only One Meet Remaining Before Eastern’s, Girls Swimming and Diving Claim Two More Victories

Saturday 1/27 – Andover: 96, Deerfield: 89

Tuesday 1/30 – Andover: 107, Westford: 61



Currently undefeated, Andover Girls Swimming and Diving (4-0) took home a win against Deerfield on Saturday despite low numbers due to the illnesses spreading around campus. Andover followed up its victory against Deerfield with another win against Westford Academy (Westford) on Tuesday at home. Sahana Manikandan ’26 highlighted Hannah Song ’27 and her performance at

Deerfield overcoming her nerves before her race. Though Saturday’s meet was away, Manikandan noted Andover’s uplifting spirit and positivity to keep energy high.

“Hannah Song, she’s a [Junior], I think she did really good because she was a little nervous before the race for her 500, but she did great... There [were] a lot of great times, so everyone was able to cheer the team on. If you wanted, everyone had the person behind their lane [who] cheered them on when they were swimming, so every single teammate was encouraging, psyched up, and pushed all of us to be our best selves,” said Manikandan.

Co-Captain Molly MacKinnon ’24 pointed to Ariana Zhao ’25 as a standout performance in the 500-Yard Freestyle event despite it being a newer event for her. MacKinnon also underscored performances in the 200-Yard Freestyle as particularly strong for the team, with Andover taking the top four spots.

“Ariana Zhao, Class of ’25, had a really good swim in the [500-Yard Freestyle], which is the event that she doesn’t normally swim in, but she absolutely killed it. It was really fun to watch her race. Then we also had really strong swimmers in the [200-Yard Freestyle] today and we swept the event. So we got first, second, third and fourth place, which is really fun. Good way to start out the meet,” said MacKinnon.

MacKinnon elaborated on what she anticipates the team will work on in preparation for Easterns [interscholastic swimming and diving championships (Easterns)]. She thinks that the next focus of the team is to work on turning and tapering to make times as fast as possible for the upcoming meet.

“A lot of us are really going to focus on our turns just because they can always be tightened up, and shaving a few seconds off of every turn in the race has a pretty big impact on the rest of the race. Really we’re just going to be training as hard as we can in preparation for Easterns which are pretty soon, we’re going to start doing what’s called tapering, so focusing on really fast swimming in practice but getting a lot of rest. It’s just like swimming that basically rests your body and prepares you to swim faster for competitions like Easterns where our times matter a lot more,” said MacKinnon.

Niki Tavakoli ’27, a diver for Andover, spoke on what she thinks the divers will work on this week. Tavakoli explained how diving practice consisted of practicing a different type of dive each week for competition.

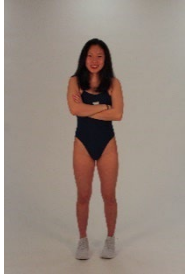
“Every week we have a type of dive that we have to get two of in order to compete. Most of our team is new so we don’t have many dives so each week we focus on getting a dive in that week’s category. This week is reverse dives and not many of our team can do a type of those, so most of the team is focusing on just getting their head in the water the right way that would count as a reverse and not focusing on the points a judge would give. In order to compete, we need to know how to do two dives from that week’s category,” said Tavakoli.

Girls Swimming and Diving will have its next meet on Saturday at Loomis Chaffee.

Alexander Dimnaku

Feb 1, 2024

Girls Swimming and Diving Co-Captain, Izzy An ’24, Creates Team Spirit Amid Seemingly Individual Sport



Communication, dedication, and having fun are just a few of the ways to describe the leadership of Girls Swimming and Diving Co-Captain Izzy An '24. Crediting her leadership to a combination of role models and teammates, An recognizes that the best way to lead is by acknowledging that not all methods work for everyone.

“As a leader, self-awareness is a key value I strive to embody. It’s really important how I approach my peers and the team as a whole. I avoid using a one-size-fits-all approach because I recognize the importance of adapting to each person and situation. This flexibility in my approach is something I will always carry with me.

My leadership skills have been adopted by those around me, kind of creating a collage of leaders and role models from my past and present. I aim to embody the positive qualities of people I admire and spread their values to the team,” said An.

Despite missing her freshman year due to Covid-19, An noted that she was able to find a tight-knit community within Girls Swimming and Diving and has high aspirations, hoping to lead her team to a victory at the New England Championships to end the season. An highlighted the value of having a strong team dynamic, especially while competing in such a mentally and physically challenging sport.

An said, “Having the team environment at Andover for the past three years has given me something to look forward to that’s bigger than just myself, especially since I missed freshman year due to Covid[-19]. This sport is tough; it demands a lot mentally and emotionally because of its nature. Spending hours training each week just to improve by a second or even a millisecond can be challenging on an individual level. Having the support of a team makes those tough practices easier, and that’s what keeps me motivated.”

According to Ariana Zhao '25, An consistently demonstrates an impressive work ethic, readily showing up to improve every day. Zhao also spoke on how the team uses An’s hard work as motivation.

Zhao said “Izzy is a very hardworking athlete. She shows up every day ready to work regardless of circumstances. It’s inspiring how committed she is to improving and just her hard work too. She’s super motivating for the rest of the team and gets everyone to follow in her footsteps.”

Caroline Romano '26 highlighted the energy and leadership An contributes to the team. Romano specifically mentioned how An was able to help her acclimate to the team.

Romano said, “Izzy is a fun teammate to be around and she is also a great leader. She is encouraging and also helpful when explaining sets. Her ability to communicate is also helpful and she really helped me, as a freshman last year, feel like a part of the team.”

This season, when new Head Coach Hilary Kavanagh stepped in, An enabled the team to successfully transition by prioritizing communication. Romano mentioned that An was specifically able to help her team adjust to the new leadership by iterating the idea of only focusing on the things they can control as swimmers.

Romano said, “Izzy is really good with communication. She brought our concerns up to the coach and helped bridge the communication gap. She kept reminding us that kinks were being worked out and that we should control what we can control by getting into the water and doing our part. She assured us that everything would fall into line which helped to make the transition seamless.”

Zhao expressed how An is always finding fun and innovative ways to build team chemistry. She noted how An strives for a strong community of swimmers in and out of the pool.

“Izzy does a lot of things to create a strong team dynamic. We do fun things like ‘psyches,’ where we get dressed up in a theme before meets. That provides an opportunity to further bond with teammates outside of the pool and also get excited for a meet beforehand. We do a lot of team dinners as well. When it comes to the racing, she makes sure to do a quick cheer together to clear our heads, focus, and get us excited,” said Zhao

In a sport where statistics and small details matter, An highlighted the importance of working on goals that are less material in both swimming and her role as Co-Captain. She again emphasized how the teachings of her idols shaped her leadership style.

“I aim to make my teammates better, make myself better, and understand that results will come without fixating on them. This year, one of my personal goals is to focus on what I like to call the immeasurable in everything I do, especially in swimming and my leadership role. Being a leader, both in and outside of swimming, I strive to embody the values I admire in the people I’ve grown up with as role models. It’s been one of the biggest goals for me,” said An.

Katherine Rodgers

Feb 1, 2024

Girls Swimming and Diving Co-Captain Elissa Kim '24: Diving Deep into Excellence



Andover Girls Swimming Co-Captain Elissa Kim '24 is an example of the hard work and dedication that goes into the world of competitive swimming. One of the three Co-Captains of the team, Kim strives to inspire her teammates by motivating them with excellence in and out of the pool and encouraging bonding between different teams.

This year is the first year that the Varsity and Junior Varsity girls swimming teams have been combined. According to Kim's Co-Captain Molly MacKinnon '24, Kim's leadership has helped to bridge the gap between the former varsity and junior varsity members on the team. MacKinnon emphasized how Kim has acted as a force in keeping the energy high.

“This year, we have combined Varsity and JV, so we are one big team now. We have meets on Wednesday and Saturday, and we have been working really hard to make sure that everyone is feeling included. She is someone that everyone on the team, Varsity or JV, is comfortable talking to. She always breaks it down before each meet and is always hyping the team up. She helps the lowerclassmen lower their nerves and always makes sure to lessen the anxiety when it comes to meets,” said MacKinnon.

MacKinnon noted Kim's accomplishments in the pool, as she holds multiple school records and is an integral part of the team. She mentioned Kim's ability to motivate and inspire her teammates to continue striving for their best.

“[Elissa Kim] is definitely a confident swimmer. She is really fun to be around. She is great at including people on the team, and she has done that since her Lower Year and now as a Captain. She is a really strong swimmer [and] has multiple school records so she has just been a really fun person to watch and race. When I am unmotivated to do something during practice, she is always pushing me to improve on myself. She is a really fun person to be around, and she brings energy to the pool deck. She always pushes us to be better every practice, and it has been great seeing her improve throughout the season,” said MacKinnon.

Introduced to the sport by a family friend, Kim first began swimming at the age of six. Her passion and joy in the water have led to her competitive swimming career ever since.

“I started swimming because one of my family friends started swimming and they really enjoyed it... I loved the water, [so] I kept swimming and have done it for the past 11 years of my life,” said Kim. Kim has been a positive influence on everyone she meets, working to include everyone and set a comfortable tone to practices. Aimee Qi '27 recalled her very first interaction with Kim, noting Kim's open communication and how it helped her adjust to the new team and school.

“I met [Elissa] during revisit day last year. She was very open to answering any questions we had, and we were able to text her any questions... I think that the biggest thing was at first during open swim in the fall term, I didn’t know anyone on the team, and I was still getting used to Andover. She was a really good line of communication for the team and made sure that I was getting used to the team and the school.” said Qi.

Kim emphasized creating a tight-knit community within swimming, making sure that the entire team feels welcome. She specifically mentioned teamwork as a core value that will help the team succeed in the future.

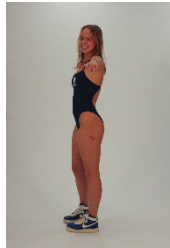
“Creating relationships outside of the pool, doing team events, and eating meals together, we had a team meeting recently. Having respect for others and for yourself is also really important,” said Kim.

Committed to Columbia University for swimming, Kim spoke about finding ways to appreciate and love swimming despite the struggles she has faced. Although competing in the sport can be affected by many factors, Kim highlighted the importance of simply enjoying what she does.

“I am planning on swimming in college, so I am really excited about that. Something I have to work on is worrying about things outside of my control. I sometimes spiral into what-ifs, and I need to realize that these things are out of my control and I just need to have fun. Balancing a lot of the pressures of the sport, either external or internal, as well as balancing what is great about this sport, and I have been doing this all of my life. Just remembering my love for the sport is important,” said Kim.

David Siahaan
Feb 1, 2024

Diving into Success: Co-Captain Molly MacKinnon '24 Journey to Andover Swimming Leadership



After facing the disappointment of being cut from her second-grade swimming team during her debut season, Molly MacKinnon '24 quickly learned the value of grit and determination. Fast forward ten years, and she's the Co-Captain of Andover Girls Swimming and Diving, aiming to share her knowledge of the sport with her teammates.

“I started competitively swimming in second grade when I joined my club team back in Chicago, but I grew up swimming with a summer league team, and all the older girls were part of the same club team and they inspired me to join... I practiced really hard and then six months later I was on the team,” said MacKinnon.

In contrast to her experience in the summer league, MacKinnon found Andover introducing a different team aspect to swimming, which is typically considered a more individualized sport. She appreciated that the Andover swim team promoted a collective effort towards shared goals, rather than solely pursuing individual performances.

“I really love Andover’s team specifically because it is a really different environment than the club sport that I grew up in because [it’s] a team sport even though swimming is an individual sport. We are all working towards beating the other team and competing in meets like Easterns [Interscholastic Swimming and Diving Championships] and New Englands... We have relays and we are cheering for each other on the side of the pool, so it really feels like a team sport,” said MacKinnon.

MacKinnon highlighted her favorite aspect of swimming being the races. She emphasized the importance of maintaining the mindset of thinking of races as opportunities to continually push for self-improvement.

“I really love races just because they are an opportunity to really show how much you have grown and how hard you have been working and I have reframed my mindset over the past few years because I used to get really nervous before all of my races, but now I view every race as a new opportunity to go faster and show what I can do,” said MacKinnon.

In addition to being Co-Captain, MacKinnon serves on campus as a Blue Key Head. Sophia You '26 highlighted how MacKinnon's additional role helped motivate and energize the team throughout practices and competition.

“Molly is a great Captain and she is also a Blue Key Head, so she always comes to practice with a lot of energy and enthusiasm. She is also a great motivator because every time when I am feeling a little bit down or tired, she always motivates me to go into faster intervals or faster lanes to push myself to become a better swimmer,” said You.

As a Co-Captain, MacKinnon focuses on influencing her teammates to challenge themselves to progress both individually and as a team. She acknowledged that the team can attain large victories through their collective effort.

“I definitely try to be really supportive and understanding of everyone on the team, but I also push everyone to work their hardest in practice because everyone is looking forward [to] meets throughout the season. We are not going to get the results we want individually or the results we want as a team if we are not showing up everyday and working hard,” said MacKinnon.

Henry Snow
Feb 1, 2024

With Personal Bests and Record-Breaking Times, Girls Swimming and Diving Places 8th at Easterns

Girls Swimming and Diving competed against 30 different teams at the 2024 Eastern Interscholastic Girls Swimming and Diving Championship (Easterns), coming in eighth overall. Ariana Zhao '25, Alice Zha '25, Co-Captain Elissa Kim '24, and Mia Wonacott '24 broke the Andover record in the Medley relay, taking home third place. Zhao also broke both the Andover school and the New England League record for the 100-Yard Butterfly, placing first. In addition, Co-Captain Izzy An '24, Zhao, Kim, and Zha broke the 4×100 relay record.

Sophia You '26 shared that going into the meet, the team focused on the quality of its practices over the quantity. You noted that this training strategy directly translated into better performances at Easterns.

“Leading up to Easterns, we tapered a lot. So, we did a lot less volume and a bit higher intensity, so we were just working on sprinting and trying to conserve energy. I think that helped us in the meet,” said You.

Hannah Song '27 emphasized the strength of the team dynamic. She noted that both the coaches and co-captains aided in fostering a positive team environment.

Song said, “A crucial moment for the team is when we really bonded or became closer because of our meet or prelims (preliminaries) or finals or how we were cheering each other on. Even though some people didn't make it to finals, you're expected to cheer for everyone. The whole team worked on this because our coaches and captains both encouraged us to show good sportsmanship or team bonding and cheer for everyone else. The strength of the team was that we were really there for each other.”

Chloe Ru '27 highlighted Zhao for her impressive performance. In addition to breaking records and placing top three in multiple events, Zhao racked up many points for the team.

“Ariana Zhao, she’s an Upper. She got one first place and one second place, which is really good because the entirety of this meet was East Coast, which is National Level. It’s a really high-level meet. She broke the record at the meet for 100-[Yard] Butterfly, and then basically she did really well, and she helped us earn a lot of points,” said Ru.

Ru also commented on the supportive atmosphere at Easterns, remembering how every team member would go and cheer each other on during their races.

“We were all really supportive throughout the entire meet. And, also, whenever an Andover student was swimming at a race, we would all go down to her lane and then cheer for them at the end of the lane. And all of our voices were hoarse the next day,” said Ru.

Song commended Co-Captains An, Kim, and Molly MacKinnon ’24 for their excellent management and leadership skills. She praised their commitment to uplifting all team members even while juggling their own responsibilities and techniques.

“The Captains really stood out because they were the ones that initiated everything... They were the ones that organized or encouraged the team because they’re the more experienced people because they did Easterns for at least three years. They were there. They were always encouraging. They knew how things worked out, and even though they had their own races, they were committed to cheering for every single one of our teammates, and it was just really nice,” said Song.

Looking forward, Ru noted the upcoming annual Andover/Exeter (A/E) rivalry and New England Division I Championship Meets. The team will be continuing its rigorous training in hopes of finishing off the season with even more victories and stellar performances.

Ru said, “As for this week, the upcoming week, we have A/E this upcoming Saturday. It’s hard, so we will definitely be working for that because it is a pretty big deal... They’re really good, so we have to work hard to make sure that we are at our best potential. We try our best to win, so we will be working on that. And, we will also be working for New England’s, which is coming up right after A/E.”

Girls Swimming and Diving will compete against Phillips Exeter Academy on Saturday.

Madeleine Shin

Feb 23, 2024

Varsity Indoor Track

2023-24

Coach: Keri Lambert

Assistant Coaches: Patrick Reilly, Jamal Englis, Elisabeth Joseph, Allie Booth,
John Rex, Garrett Ritchie, Casey Smith, John Rex

Captain: Max Huang, Emerson Kington, Audrey Powers, & Patricia Tran

Managers:

Overall Season Record

Win	Loss	Tie

Incomplete Reporting

Letter Winners: Darielys Almonte, Gracie T. Aziabor, Sarah H. Bae, Quiana C. Bell, William E. Buehler, Oliver E. Buckhoff, Anya T. Budzinski, Robert Budzinski, Jazaher B. Cormier, Murathimeningai N. Daisley, Grant D. DeHoog, Mayen O. Etuk, Langan G. Garrett, Tamrat A. Gavenas, Nathan T. Godsey, Emma E. Hagstrom, Henry He, Lauren E. Herlihy, Max P. Huang, Kamen Kaleb, Arun Kapoor, Yifan Kang, Lilliana E. Keim, Emerson D. Kington, Constantinos T. Krenteras, Storrie J. Kulynych-Irvin, Carsen B. Leach, Isabell Luo, Caitlin E. Ly, Ethan R. Ly, Alexander Mazzarelli, Xavier M. Moran, Marc A. Nelson, Hailey R. Piasecki, Audrey E. Powers, Madison M. Redmond, Naima L. Reid, Jenna H. Robertson-Palmer, Russell G. Robinson, Bennett B. Rodgers, Wylie B. Roossien, Chloe H. Song, Robert E. Swan, Patricia A. Tran, & Sami N. Tokat

Award Winner:

MVP Boys Indoor Track

RECIPIENT: Emerson D. Kington

MVP Girls Indoor Track

RECIPIENT: Wylie B. Roossien

Indoor Track

2023-24 Schedule and Results

Sat	12/02/2023	Indoor Track BV	Season Opener	A	10:00 AM		
Wed	12/13/2023	Indoor Track BV	Andover HS	H	4:30 PM	55-54	W
Sun	01/14/2024	Indoor Track BV	UMass Amherst "Home"	A	9:00 AM		
Wed	01/17/2024	Indoor Track BV	Gov/Marianap/Landm/Wilb	H	3:15 PM		
Wed	01/24/2024	Indoor Track BV	Law HS/Ap/NRead	H	3:15 PM		
Fri	01/26/2024	Indoor Track BV	Terrier Classic at BU	A	5:00 AM		
Sat	01/27/2024	Indoor Track BV	Terrier Classic at BU	A	12:00 PM		
Wed	01/31/2024	Indoor Track BV	Govs/Wilb/PEA/Marian/Landmark	H	3:30 PM		
Sat	02/10/2024	Indoor Track BV	NEPSTA MEET	H	2:00 PM		
Sat	02/10/2024	Indoor Track BV	BU Val don't list on public calendar	A	11:30 AM		
Wed	02/14/2024	Indoor Track BV	Exeter	H	3:00 PM		
Sun	02/18/2024	Indoor Track BV	USATF- NE Champ	A	10:30 AM		
Sat	12/02/2023	Indoor Track GV	Season Opener	A	10:00 AM		
Wed	12/13/2023	Indoor Track GV	Andover HS	H	4:30 PM	58.5-40.5	W
Sun	01/14/2024	Indoor Track GV	UMass Amherst "Home"	A	9:00 AM		
Wed	01/17/2024	Indoor Track GV	Gov/Marianap/Landm/Wilb	H	3:15 PM		
Wed	01/24/2024	Indoor Track GV	Law HS/Ap/NRead	H	3:15 PM		
Fri	01/26/2024	Indoor Track GV	Terrier Classic at BU	A	5:00 AM		
Sat	01/27/2024	Indoor Track GV	Terrier Classic at BU	A	3:00 AM		
Wed	01/31/2024	Indoor Track GV	Govs/Wilb/PEA/Marian/Landmark	H	3:30 PM		
Fri	02/09/2024	Indoor Track GV	BU Val- don't list on public calendar	A	6:30 PM		
Sat	02/10/2024	Indoor Track GV	NEPSTA MEET	H	2:00 PM		
Wed	02/14/2024	Indoor Track GV	Exeter	H	3:00 PM		
Sun	02/18/2024	Indoor Track GV	USATF- NE Championships	A	10:30 AM		

Indoor Track 2023-24 Roster

Darielys Almonte	2025	Lawrence, MA	John R. Gallagher	2027	Andover, MA
Yasin S. Andino	2027	Dorchester, MA	Langan G. Garrett	2024	Mill Valley, CA
Gracie T. Aziabor	2026	Atkinson, NH	Tamrat A. Gavenas	2025	Andover, MA
Sarah H. Bae	2026	New York, NY	William Z. Ge	2025	Chester Sprgs, PA
Quiana C. Bell	2026	Lowell, MA	Edward C. Gillick	2027	Concord, MA
Kwezi N. Besiimire	2026	Gardner, MA	Nathan T. Godsey	2024	Honolulu, HI
Michael R. Bria	2027	Wilton, CT	Nathaniel E. Goldberg	2027	North Andover, MA
Oliver E. Buckhoff	2024	Salem, MA	Javier Gomez-Amuedo	2027	San Diego, CA
Anyia T. Budzinski	2026	North Andover, MA	Alfonso Gonzalez-Cano	2027	Saltillo, MX
Robert Budzinski	2026	North Andover, MA	James A. Gordon	2026	Abu Dhabi, AE
William E. Buehler	2024	Greenwich, CT	Liam R. Gray	2027	Haverhill, MA
Lundeen B. Cahilly	2024	Old Greenwich, CT	Emma W. Greenhut	2027	New Canaan, CT
Mario E. Calvo	2024	Manhasset Hills, NY	Sean W. Griggs	2026	Menlo Park, CA
Kishan E. Clarke	2026	Kingston, JM	Tianyi Evans Y. Gu	2025	Carlisle, MA
Arthur L. Constant	2025	Contagem, BR	Emma E. Hagstrom	2025	Reading, MA
Jazaher B. Cormier	2024	Fort Myers, FL	Henry He	2026	Andover, MA
Sophia F. Cratty	2025	Andover, MA	Elvira V. Heck	2025	Alexandria, VA
Murathimeningai N. Daisley	2026	Westford, MA	Lauren E. Herlihy	2025	Reading, MA
Nana Efua M. Dampitey	2027	Oakville, ON	Blake Herndon	2025	Minneapolis, MN
Linda L. de Boer	2027	Beijing, CN	Max P. Huang	2024	Montclair, NJ
Emily L. Decker	2026	Daniel Island, SC	Olivia S. Jameson	2026	Tokyo, JP
Grant D. DeHoog	2025	Covington, LA	Yaejoon Jung	2027	Seoul, KR
Ian T. D'Entremont	2026	Lowell, MA	Kamen Kaleb	2025	Cambridge, MA
Denzel A. Dickson	2026	Bronx, NY	Yifan Kang	2024	Shenzhen, CN
Darren D. Donovan	2025	North Andover, MA	Arun Kapoor	2025	Inverness, IL
Mayen O. Etuk	2026	Johannesburg, ZA	Lilliana E. Keim	2025	Atlantic City, NJ
Vance M. Fabrizio	2024	Beverly, MA	Ashiq Kibria	2026	Paterson, NJ
Jack E. Farrell	2026	Reading, MA	Emerson D. Kington	2024	Andover, MA
Hayden Fischer	2025	Chicago, IL	Isabella M. Koutny	2027	Methuen, MA
Grayson T. Flynn	2026	Kentfield, CA	Constantinos T. Krenteras	2024	Long Branch, NJ

*Captain

Coach: Keri Lambert

Assistant Coaches: Patrick Reilly, Jamal Englis, Elisabeth Joseph, Allie Booth,
John Rex, Garrett Ritchie, Casey Smith, John Rex

Indoor Track

2023-24 Roster Cont.

Jakob Kuelps	2025	Zug, CH	Jenna H. Robertson-Palmer	2027	Saint Andrews, NB
Storrie J. Kulynych-Irvin	2024	Annapolis, MD	Russell G. Robinson	2025	Avon, CT
Maxwell Langhorst	2025	Andover, MA	Bennett B. Rodgers	2026	Dallas, TX
Carsen B. Leach	2027	Phoenix, AZ	Wylie B. Roossien	2026	Nahant, MA
Arim C. Lee	2024	Lexington, MA	Maximus J. Ruiz	2027	Dracut, MA
Madeleine T. Lehman	2027	Lake Forest, IL	Karl I. Sapper	2026	Guatemala City, GT
Jianlin Li	2027	Andover, MA	Alison Schneider	2026	Andover, MA
Nathan A. Liang	2025	Carmel, IN	Matthew D. Schneider	2024	New York, NY
Saketh V. Lingisetty	2027	North Andover, MA	Alyssa Y. Schoonmaker	2026	Tai Hang, HK
Ethan J. Liu	2026	Tallahassee, FL	Melinda Shawky	2026	Budapest, HU
Isabell Luo	2025	Malden, MA	Madeleine J. Shin	2027	New York, NY
Caitlin E. Ly	2027	Andover, MA	Rayyan Ahmed Siddiq	2027	North Andover, MA
Ethan R. Ly	2027	Andover, MA	Jackson D. Slack	2026	London, England
Cameron T. Manzo	2026	Andover, MA	Oliver Sommer	2024	Muckendorf, AT
Virginia L. Marshall	2025	Andover, MA	Chloe H. Song	2026	Lexington, MA
Alexander Mazzarelli	2024	Hingham, MA	Katherine G. Sueling	2027	Lutz, FL
Laura Mazzarelli	2027	Hingham, MA	Robert E. Swan	2025	Pelham, NH
Jack E. McEvelly	2024	Mill Valley, CA	Kai D. Szanton	2026	Charlotte, NC
Danyella Mendez	2025	Sunnyside, NY	Sami N. Tokat	2026	Montclair, NJ
Xavier M. Moran	2026	Andover, MA	Malcolm I. Tolbert	2026	Waltham, MA
Ainsley R. Muldoon	2026	New York, NY	Andrew J. Tollman	2024	Georgetown, MA
Marc A. Nelson	2025	Jackson, NJ	Patricia A. Tran	2024	Glenelg, MD
Nathan A. Neu	2026	Wilmington, NC	Annabel S. Tu	2025	Andover, MA
Emily V. Ney	2027	Newton, MA	Hillary Tufino	2026	Lawrence, MA
Lucy B. Nichols	2026	Chapel Hill, NC	Henry T. Ty	2024	North Andover, MA
Mercy C. Okoronkwo	2027	Bronx, NY	Edrian M. Vargas	2027	Methuen, MA
Ozochi A. Onunaku	2025	Brooklyn, NY	Kai T. Wang	2027	Princeton, NJ
Papa Yaw Paintsil	2026	North Chelmsford, MA	Elliot Weir	2026	Beverly, MA
Hailey R. Piasecki	2026	Gig Harbor, WA	Lily V. Williamson	2025	Santa Monica, CA
Quinn L. Polcari	2024	Waterbury Ctr, VT	Evie M. Wood	2025	Andover, MA
Audrey E. Powers	2024	Andover, MA	Andy Xu	2024	Andover, MA
Avin I. Ramratnam	2024	Tiverton, RI	Caroline F. Young	2026	Reading, MA
Madison M. Redmond	2025	Memphis, TN	Leo Zaidi	2025	Washington, DC
Jill B. Reichenbach	2024	Potomac, MD	Ziqi Zheng	2027	Andover, MA
Naima L. Reid	2025	Kilchberg, CH	Jesse J. Zuniga	2026	Andover, MA

*Captain

Coach: Keri Lambert

Assistant Coaches: Patrick Reilly, Jamal Englis, Elisabeth Joseph, Allie Booth,
John Rex, Garrett Ritchie, Casey Smith, John Rex

Indoor Track In the News



Indoor Track and Field Sends Three Athletes to Sharon Colyear-Danville Season Opener

Andover Indoor Track and Field officially began its season at Boston University's (BU) world-renowned facility. On Saturday, just three distance runners, Emma Hagstrom '25, Anya Budzinski '26, and Storrie Kulynych-Irvin PG'24, competed at the annual Sharon Colyear-Danville Season Opener.

Going into the meet, each runner adjusted to the highly competitive environment, racing alongside college athletes. Competing in the 1-Mile, Kulynych-Irvin shared her knowledge of the famous BU indoor track, recalling record-breaking races at the facility.

Kulynych-Irvin said, "I had never raced at BU before, but I've heard of it, and I've known about it for years since it's regarded as the fastest track in the nation, and I'd say it didn't disappoint. We were there early, so we didn't get to see the 5K NCAA records, but right after I finished, I watched some people run sub-four-minute miles, which was really impressive and cool to see."

Competing in the 3000-Meter, Hagstrom's performance was propelled by the surrounding college-level athletes. She spoke about her race plan, which helped her to finish in a time of 10:11.24.

"The atmosphere was definitely intense. There were a lot of runners and a lot of competition throughout the track. I think it definitely gave me something to work towards. I knew going into the race that it was going to be hard. There can be a lot of girls pushing the pace throughout the race. My goal was just to stick with them for as long as I could and see what I could do during the meet," said Hagstrom.



Hagstrom's performance secured her a place at the 2024 New Balance Nationals Indoor, which will be held in Boston on the weekend of March 7.

"Throughout the race, I tried to respond to the moves of all the other runners. I think it was about the halfway point and a lot of girls started surging and it was hard to pick it up. So I tried to stick with them and keep it up for the last half of the race. It was definitely a challenge, of course, and I was really tired, so I had to work for it, but I'm happy with how I did," said Hagstrom.

Budzinski, who finished the 1-Mile in 5:22.83, noted how her training from the most recent cross country season gave her a significant edge in the early season.

Budzinski said, "It was a solid opener. I wanted to get a faster time, but I'm still working on the transition from cross country. But it was really fun to get out on the track and do a track race with my fitness from cross country. I definitely felt that I had more aerobic strength in the mile than I had before."

Budzinski has big aspirations for the upcoming season. She hopes to use the experience at BU to help her grow in the upcoming meets.

Budzinski said, "For the winter track season, I want to qualify for Nationals. The Nationals meet is a big event in Boston. It's very fun and exciting and there are some pretty hard qualifying standards. I'm definitely working towards faster times and hopefully, we can also bring a relay team, which would be really exciting."

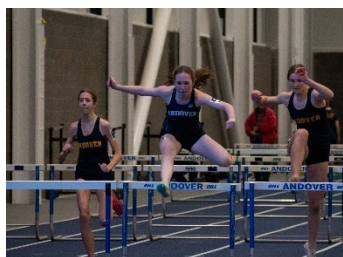
Kulynych-Irvin, who finished the 1-Mile in 5:31.39, shared similar sentiments, expressing her excitement for the indoor track season after a successful cross country season. She is looking forward to seeing growth in the distance group.

"I was just coming out of a season of Cross Country, so that was my only base for this meet. I had a great time on the cross country team this fall and I felt really welcomed into Andover, which was a great experience. I think the core of our distance group will still be in indoor track, and I'm excited to see how we continue to evolve," said Kulynych-Irvin.

Andover Girls Indoor Track and Field will host Andover High School on Wednesday.

Michael Williamson
Dec 8,

Indoor Track and Field Opens Season With Electric Energy Against Andover High School



Girls Indoor Track

Wednesday 12/13 – Andover: 60, Andover High School: 38.5

Boys Indoor Track

Wednesday 12/13 – Andover: 49, Andover High School: 51

Andover Indoor Track and Field's official home opener on Wednesday resulted in a win for the Girls team and a close loss for the Boys team. Andover faced off against its local neighbors, Andover High School (Andover

High)

The Big Blue brought its cheers to the Snyder Center for an explosive start to the season. High-jumper Kamen Kaleb '25 spoke about the high energy brought by the team.

"The environment was electric, there was so much energy in the building. I feel like the energy level that we reached is not really something that happens until around mid to late season, when we have developed a lot of momentum behind us; but to see that we had so much energy in the first meet, it means it's going to be a wonderful season," said Kaleb.

Distance-runner Jakob Kuelps '25 shared similar sentiments with Kaleb, discussing the significance of the competition and sportsmanship of the meet.

"Hosting a home meet obviously is amazing. You have faculty, friends, and other people...or people from your Andover community come out and support you, which is great. Also, considering that Andover High is so close to us, we had a great showing from parents as well, which added to the amazing energetic atmosphere. They're our neighbors, as Coach [Ker] Lambert says, we share the town of Andover with them," said Kuelps.

Kuelps used the team's energy to win the 2-Mile race. Kuelps spoke on the results and how he plans to work with his team to grow as an athlete.

Kuelps said, "I ran around 10 [minute] 30 [seconds], which is four seconds off my [personal record], PR, which is good to start with. Last season, I started off with 10 [minute] 40 [seconds] in the home opener meet, so it definitely shows that my fitness has improved over the past year. I think there's still a lot of work to do but the season has just started, so I think I speak for myself, and also for the team here, that I am looking forward to growing a lot over the season as athletes and as teammates."

In the final individual event of the day, distance-runner Emma Hagstrom '25 broke the 1000-Meter Girls school record by one second, finishing with a time of 3:03.25. Setting the tone in the team's first full-team meet, Hagstrom described the team's goals for the rest of the season.

"For the season, me and some of my peers are trying to do a group DMR (Distance Medley Relay) for the girls team, and see if we can qualify for Nationals in that event. I definitely hope to get faster over the course of the season. I think [for] a lot of people it's just a season opener, so it was fun to see what everyone could do," said Hagstrom.

Despite coming out of a recent injury, Kaleb still placed second in the High Jump with a mark of 5-10.00, falling to an Andover High opponent by two inches.

Kaleb said, "I am pretty happy with my performance. I'm coming off of an ankle injury from last term, so being able to recover from that as well as being able to reach where my ceiling was last spring, I think that's pretty good. During this season, I aspire to break the Upper high jump record, which is around six feet. I'm pretty close to it now, so I think I'll be able to get it maybe within the next two meets."

Andover Indoor Track and Field will be resuming its season on the weekend of January 14 at UMass Amherst.

Michael Williamson
Dec 15, 202

After Successful UMass Invitational, Girls Indoor Track and Field Dominates at Home

Wednesday 1/17 –

Andover: 86.5

Governor's: 49.5

Wilbraham & Monson: 31

Deerfield: 19

On Sunday, eight members of the Andover Girls Indoor Track and Field team competed at the UMass Flagship Invitational. On Wednesday, the team hosted Governor's, Deerfield, and Landmark School, taking first place by 37 points.

According to Anya Budzinski '26, teammates participated in intense workouts in preparation for the UMass Flagship Invitational. The meet was held at the TRACK at New Balance in Boston, Massachusetts.

"Leading up to the race, the group of people that ran in the meet today did a really hard workout on Tuesday that definitely got us ready. It was 4 x 250[-Meters] and then 150[-Meters]. So it was really difficult but it definitely got us ready for the meet this weekend," said Budzinski, who raced the 1-Mile on Sunday.

Storrie Kulynych-Irvin PG'24, who ran the 3000-Meter, commended the efforts of Emma Hagstrom '25 and Budzinski, who not only excelled on the track but also provided enthusiastic support for their teammates. Hagstrom, specifically, set a new 1000-Meter school record with a time of 3:01.50.

Kulynych-Irvin said, "I think almost everyone had a good day especially for it being an early season meet where we are not trying to peak yet. I thought my teammate Emma went even faster than she did previously in the 1K. That was really cool to watch. I also watched Anya run the Mile and she had a solid race so that was definitely motivating as I was getting ready to race."

Despite it being her first race of the season, Budzinski felt that her performance surpassed her initial expectations. Using this race as a baseline, she aims to enhance her skills through practice, with the goal of continually improving her times throughout the remainder of the season.

Budzinski said, "My race was good, I ran the mile. It wasn't the time that I wanted, but it was my first race of the season so it was good for the training that I had done and I'm definitely looking to improve throughout the season."

Kulynych-Irvin expressed that while team members might have had individual objectives on Sunday, it is crucial for the collective team to collaborate and provide mutual support in pursuit of their respective goals.

"I think as a team we have a lot of people who are working on different things right now. We have some people on the girls team who have a lot of speed, some people who are coming back from injury so I think everyone is focused on something slightly different. For me, I'm just focused on continuing to try to stay consistent and keep a slightly higher volume of training but I think the more we are able to train together as a group we can kind of work to push each other to improve our weaknesses," said Kulynych-Irvin.

According to Caitlin Ly '27, Wednesday's meet proved to be a major success for many athletes on the team. She specifically highlighted Wylie Roossien '26's win in the 600-Meter race, where she broke the Lower class record with a time of 1:42.46.

"I think the meet went pretty well today and the team atmosphere was very high and it was really exciting to cheer for everyone because it was a home meet... people ran some impressive times... I think that Wylie did really well in the meet today. She did the girls 600-Meter and she ran a pretty impressive time that was two seconds away from the school record," said Ly.

As for her own events, Ly placed second in the 55-Meter Dash with a time of 7.42, setting a new Junior class record by 0.39 seconds.

Ly said, "I did the 55-Meter and high jump... For high jump, it was not my best day, but I finished with 4 feet 6 inches and I was proud of my other high jump teammates because they also got some good PRs."

Girls Indoor Track and Field will host Lawrence High School, Austin Preparatory School, and North Reading next Wednesday.

Aaron Huang

Jan 18, 2024

Boys Indoor Track and Field Sees Class Records Fall at UMass Flagship Invitational and Home Meet



Wednesday 1/17 – Andover: 81.5, Governor's: 55.5, Deerfield: 31, Wilbraham & Monson: 27, Landmark: 2

Andover Boys Indoor Track and Field sent a small group of athletes to Boston to compete in the UMass Flagship Invitational on Sunday. The following Wednesday, Andover dominated at home to take first place by 26 points over four other teams.

For many, Sunday was the first time competing against Division I collegiate athletes.

According to Vance Fabrizio '24, although the atmosphere on Sunday was highly focused, there was still a supportive environment, which motivated athletes to perform at their best.

Fabrizio said, "It was a little more serious, it was the first college meet I'd been to so [I was] definitely ... around more collegiate runners who took this sport very seriously. I shook hands with all the people on the line before my race which sometimes happens in our meets but not as often and almost planned out as that one was."

On Sunday, Tam Gavenas '25 broke the Upper class record in the 1000-Meter, initially held by Co-Captain Max Huang '24, with a time of 2:31.01. Huang followed closely behind Gavenas in the same race with a time of 2:34.80.

Fabrizio said, "One individual that stood out is Max Huang, he went out at a fast pace, at a skilled pace, and really hit a time he wanted to run. In the last lap, what really stood out to me was that he was able to get around a few guys, and pass a few guys in the last lap, ... with like 100 meters to go. He made a move that I hadn't seen in a long time, since cross country season."

On Wednesday, Andover hosted Governor's, Deerfield, Wilbraham & Monson, and Landmark. In preparation for the meet, the team did its normal pre-meet routine the day before, making sure everyone's legs were fresh, according to Ollie Buckoff '24

"We had a group of athletes go to the Track at New Balance on Sunday and we got some really competitive races. I think that was very good preparation for today. The distance group had a nice long run on Monday and the whole team did its pre-meet routine yesterday which included strides and making sure our legs were fresh for today. I think everyone felt really good going into today and it definitely showed in the performances that we saw," said Buckhoff, who placed first in the 1000-Meter race.

Wednesday's meet also saw another new Upper class record set by Kamen Kaleb '25, who cleared 6-01 in the high jump. Sami Tokat '26 highlighted the energetic atmosphere that pushed athletes to compete at their best. Tokat said, "The atmosphere was really really good, especially towards the end of the meet. There was a whole crowd of people by the bleachers cheering and supporting as their teammates ran by. I had a great time and I know my teammates did too. There were a lot of people there to support and all the races were really exciting."

Andover Boys Indoor Track and Field will host Austin Preparatory School, Lawrence High School, and North Reading on Wednesday.

Indoor Track and Field Co-Captain Patricia Tran '24 Returns for Her Second Season of Captainship



As a persistent runner and leader, Indoor Track and Field Co-Captain Patricia Tran '24 sets an example of consistency and dedication for Andover's team. The 2023-2024 Indoor Track and Field season is Tran's second indoor season leading the team as a co-captain. Tran has been a dedicated runner since the spring of her Junior year at Andover. Track and Field wasn't Tran's first choice for a sport, but after impulsively deciding to try it out for a season, she fell in love with the sport and has never looked back.

Tran said, "I started off playing soccer my whole life, and then late [Junior year], start of Lower year, I just decided to join the school's track team spontaneously... A lot of soccer players I know do track in the spring to stay in shape so I did it, and I fell in love. Then the

following season, my Lower year, I decided to quit soccer and just run cross country and then later [did] track all three seasons... I stayed with it because I loved all the people that were there. I love the community that it brought me and I also just love the opportunity to get better every single day and really be disciplined and responsible for yourself and then also have a great support system around you.”

Despite dealing with on-and-off injuries throughout her time running at Andover, Tran has always prioritized her team. Regardless of whether she is running or not, she is always there to cheer on her teammates. Chloe Song '26 highlighted Tran's constant support she provides as a captain.

Song said, “She is very dependable, even if she's injured, and she has been injured since I came onto the team as a [Junior]. She's been a very strong pillar of support for everyone even when she isn't racing, and I see this support not only in practices but also at meets. She's very vocal, being on the sidelines, always cheering on every single one of her teammates even when she's not racing. She's someone who is very dedicated and hardworking, and she's very passionate about the sport. Whenever we go on our long runs, she's always there with her bike. Now, she's been getting back into it more with running because she's recovering from her injury.”

Tran's favorite aspect of running is the community built through the sport. She emphasized how running brings people together and how she has formed meaningful connections through running with teammates. “I absolutely love going on long runs with other people. I feel like a lot of people who think about running don't really realize that it's a great opportunity to really connect with other people. On easy runs, you can have a great conversation with whoever's next to you. So, I think one of my favorite aspects of running is those easy runs where you can talk to the person next to you... Running really helps you bond with other people,” said Tran.

As a leader, Tran aims to build community. She makes an effort to get to know each team member and build a connection with them. She encourages her team and always supports their goals. Emma Hagstrom '25 emphasized Tran's goals to build community and how it has impacted the team for the better.

Hagstrom said, “Patty has a huge impact on the team. She fosters a positive team culture and creates a team environment where everyone feels like they are part of the family. She puts in a huge effort to get to know each team member even when we have such a big team. She encourages everyone and is always cheering us on in races and workouts. This makes the team motivated to do their best because they know she will always support their goals.”

Tran described her leadership in that she tends to lead with quiet determination and building bonds within a large team. She hopes that the meaningful bonds she creates with her teammates go beyond the surface level and make the approximate 120-member team feel a little bit smaller.

“This is kind of cliché, but I'm definitely a leader by example. I'm not always the most vocal, but I do try every time I'm in warm-ups, to be very focused and then I also try to be very disciplined in my own work and during practice. I hope that helps other people to do the same thing. I also really love just building one-on-one connections with people. On the track team when there's like 120 kids, I feel like it's very easy for a lot of people to feel lonely or feel like there's not someone there who's supporting them or mentoring them. And I feel like I can do really well building that one-on-one connection and getting to know people deeper than just the ‘hellos,’ the simple cheers, and stuff like that,” said Tran.

Song highlighted Tran's dedication that not only produces strong performances from Tran herself but also inspires her teammates.

Song said, “I remember her telling me that she wasn't the fastest girl on the team when she first started. She could barely run three miles without stopping. And then I think by spring track she was running like a 2.26 [800-Meter Run]. So she's someone who's very dedicated and someone who's very hardworking. For a distance runner that is one of the most important qualities to have. As her teammate, I'm very much inspired by her, and she's someone that I look up to every single day.”

Anya Budzinski
Feb 15, 2024

Indoor Track and Field Co-Captain Emerson Kington '24 Seeks to Inspire His Teammates



Running with determination and mental fortitude, Indoor Track & Field Co-Captain Emerson Kington '24 leads by example. Across his running career, Kington attributes his ability to consistently strive for a high level of performance to his coaches and teammates that have surrounded him. As a captain, he hopes to inspire the Track team by promoting consistent devotion and motivation for the sport.

After joining the track team in 7th grade, Kington quickly found running to be grounding yet rigorous. He credits his middle school coach for pushing him to take risks and grow as an athlete through consistent practice.

Kington wrote in an email to *The Phillipian*, "I remember my middle school coach was an extremely down-to-earth math teacher who I looked up to for his dedication to ensuring that every athlete was pushing themselves to their limit. He placed me in the 400-meter dash as my first ever event and while I had no idea how intense the event was, I decided to trust his coaching and his process."

As Kington transitioned into the track team at Andover, his love for the sport has been sustained by the supportive team culture. He noted that the physical and mental demands of running are eased by the close knit community, which have become a family for him.

"In the long sprints group that I am a part of, it can be difficult to do grueling workouts when the only person on the track is yourself. Being on this team, these workouts are not nearly as demanding because I have been so lucky to have a team that is so interconnected in every aspect. The team carries a unique familial culture that is difficult to find anywhere else," wrote Kington.

Kington continued, "I remember running the 400-Meter Dash for my last time as a freshman and being unable to hear anything during the last 100 meters but an old captain of mine cheering me on as if she had staked everything on my success. It is such an amazing feeling to feel like you are an integral part of the team and I think the culture that the team carries is unbelievably unique and one of the most important things to me, the thing that I always look forward to seeing every time I return to the track."

Kington looks to embody the team spirit and dedication that has inspired him while running at Andover. He believes the best way to lead is through putting in the effort that he expects from his teammates. Additionally, he wants the team to feel comfortable with each other, while still performing at a high level.

Kington wrote, "I would say that the best way I know how to lead is by example, and by showing a dedication to not only yourself but the teammates who look to you for advice. I aspire to let my teammates feel that they can work intensely and dedicate themselves but also feel relaxed and comfortable with the rest of the team."

Even as a more experienced runner on the team, Kington still dedicates time and energy to helping younger athletes. He highlighted how drawing inspiration from the work ethic and tenacity of younger runners has been one of the most rewarding experiences for him as a captain.

"I want to inspire each athlete, through my own actions, to work as intensely as they can as they pursue growth as both an athlete and a person. There is nothing that has made me happier than to see younger athletes place themselves to a high standard and work passionately every practice as they try to push their limits. I've seen our athletes maintain a combination of intensity in practice, during meets, and when cheering on teammates, and this in itself is what I aspire to see when I lead," wrote Kington.

Next year, Kington will be attending Middlebury College to run Division 3 track. After qualifying for the New Balance Indoor Nationals, he is excited to finish his running career at Andover strong and meet more of his goals as an athlete.

Kington wrote, "I was able to qualify for both the 400-Meter Dash and 200-Meter Dash championship races at New Balance Indoor Nationals, which is a feat I've always wanted to accomplish since I began running in high school, and I am extremely proud of finally achieving these results as I get ready to run at Nationals. I feel much more confident going into the outdoor season and I have many goals that I want to achieve both while I am still attending Andover, and as I go on to compete in college."

Louisa Carter
Feb 15, 2024

Passionate and Committed Indoor Track & Field Co-Captain Max Huang '24 Shares Love for the Sport With His Teammates



Indoor Track & Field Co-Captain Max Huang '24 emanates leadership on and off the track, with valuable advice and positive example setting. Huang hopes to encourage others to appreciate the team and camaraderie aspects of running while putting in effort and discipline. For most of Huang's life, he was a soccer player, and would only occasionally run local 5ks and races with family and friends. Eventually, Huang would develop a love for running and the community that came with it. When an injury stalled his soccer journey, he fully committed to running. Huang highlighted how running at Andover became a community for him to belong to, finding support in his team and coaches.

Huang said, "There are a couple of people on the running team who I'd seen had done really well... and seeing their success through this program made me believe in the program and want to be a part of it. Once I joined the team, the culture was just very supportive and encouraging and that's something that kept me in the sport."

Approaching his leadership with open-mindedness, Huang utilizes his captainship to offer advice to runners, passing down what his previous mentors and coaches taught him. Huang commented on how he tries to pass positivity and passion down through team spirit.

"I couldn't have made it to where I am today in running without the incredible mentors I've had along the way. As someone with a lot of experience in running, I try to pay that forward by sharing advice, spreading positivity, and leading by example, especially because the team has a lot of younger runners who are new to the sport... It's really important to support them, teach them about the sport, and nurture their energy into steady improvement in team spirit. And I emphasize the word 'steady' because running is really about discipline and making incremental improvements..." said Huang.

Avin Ramratnam '24, Huang's teammate in Cross Country and Indoor Track & Field, highlighted how Huang embodies continuous dedication to the team through the way he engages with teammates. Ramratnam emphasized the impact that Huang's example-setting has had on the program.

"His commitment makes other people committed. He's so invested in the team and the program, and he makes it obvious every day through his training, through his stretching, staying after practice, talking to his teammates," said Ramratnam.

As a Co-Captain, Huang works to motivate others to find a similar sense of community within the team that he did. Jakob Kuelps '25 recalled his experience being introduced to the track program from Huang as a prospective student.

"Max was the first person that I met at Andover. He was my tour guide on my revisit day, and I was applying here as a new Lower. When I saw him, I knew that I wanted to be part of this team. He immediately came up to me, introduced himself, was super nice, showed me all the track facilities, and took time out of his day to show me really what it was like to be at Andover. He was so open-minded [and] welcoming and made me want to be part of this program. That first interaction with Max and going with him on revisit day is something that I'll never forget. That's one of the main reasons why I'm here at Andover today," said Kuelps. With the final full-team meet taking place on February 14 against Exeter, Huang reflected on the team culture throughout the season, and the specific values he aimed to highlight. In building a closer team, Huang took advantage of long workouts to promote bonding with teammates to forge connections.

"Running is unique in the sense that there's no other sport with the same opportunity to build community. For the distance team, most of our runs are 45 minutes, where we just get to talk with each other, hear about each other's days, and grow tighter as a group. For the rest of the team, the majority of their practices and meets is rest in between their sprints, jumps, and throws, and of course, you have to stay focused while you're training, but I think there's just so much time spent talking and bonding... On top of that, I think the captains are always thinking of ways to keep practices fun... All of those things together create a tight-knit community," said Huang.

Huang's love for the sport has led him to encourage and support many new runners as they begin their running journeys. To build a stronger community, Huang hopes to share with newer runners his passion for the sport, its history, and the program at Andover.

“General excitement in the sport is really important to keep each other going. Something I aim to do every day is just to spread my love for the sport because running isn’t as publicized as some of the other sports out there. Behind the curtains is a super exciting world of competition and running has a really rich, beautiful history. I enjoy learning about this and just keeping up with all the current events in track. I’m always trying to teach others, make them aware, and bring them into the world of track and field because there’s just so much action. I just want to show that to my teammates and get them excited about running,” said Huang.

Lily Williamson
Feb 15, 2024

Indoor Track & Field Travels to USATF at Harvard for Final Meet of the Season

A few select members of the Andover Indoor Track & Field (3-1) team competed in the USATF-NE Championships on Sunday at Harvard University, going against collegiate-level athletes. Quiana Bell '26 commented that the main strength of the team on Sunday was the relentless support everyone offered each other.

Bell said, “We were all supportive of each other’s successes. And even when somebody felt like they didn’t have a great performance, or could have done better, I think that we all did a good job saying like, ‘Hey, it’s okay, you’ll get them next time.’”

Head Coach Keri Lambert highlighted the sheer size of the meet and the range of competitor ages and skill levels. There were high-school, collegiate, youth club, and even adult athletes who were invited to compete simply for the exhilaration and enjoyment of it.

In an email to *The Phillipian*, Coach Lambert wrote, “The meet had about 900 entries overall, which was 200 more than last year! Despite how busy it was, though, it still felt really relaxed, from my perspective. This meet attracts an eclectic mix of athletes, including high school and college students, youth club athletes, and people in their twenties to sixties who are there simply for their love of the sport. It makes for an interesting meet!”

Although the team performed well and generally maintained a positive attitude, Bell noted that anxiousness and feelings of uncertainty were present as well.

“Everybody was nervous even those who’ve done it before I feel like it’s like you’re coming off a bus ride [and] you’re at Harvard, you’re at this big meet with so many people that it’s a lot of pressure so I don’t know what I would do about that but everybody was nervous. Maybe mindfulness exercises or figuring out how to slow down our nerves [would help],” said Bell.

Jenna Robertson-Palmer '27 praised Storrie Kulynych-Irvin '24’s resilience in the first event of the day, noting her excellent race despite a minor delay. Kulynych-Irvin placed second in the 5K with a time of 18:06.

Robertson-Palmer said, “The first race of the day was the 5K and Storrie ran it. And she was the first one of the day and we were a little bit late and she got there and warmed up quickly and competed well and ran a really good time.”

Robertson-Palmer also admired Co-Captain Emerson Kington '24’s strategic approach to the 400-Meter Dash, which he placed first in with a time of 50:18.

“It was a hard meet and everyone went out there to compete, and I feel like Emerson really stood out because he ran the [400-Meter Dash] really well. He stayed with the pack and then he made his moves and at the end, he sprinted forwards and he played the race well so I think he stood out the most,” said Robertson-Palmer.

Throughout the season, Indoor Track & Field has battled various illnesses and injuries, but the team has nonetheless persisted to run one of the best seasons in the recent history of PATF.

Lambert wrote, “We struggle to stay fully healthy, especially during the winter season. Sicknesses and injuries often sideline some of our team members, which can be hard for the affected individuals, the team culture, and our team scores. That said, this season was so much better than in years past, so maybe some of our messaging around wellness as well as the adjustments we’ve made to our training is finally beginning to pay off.”

A handful of athletes will compete in Indoor Track & Field Nationals in early March.

Madeleine Lehman
Alastriona O'Donnell
Feb 23, 2024

Varsity Wrestling

2023~24

Coach: Kassie Archambault

Assistant Coaches: Rich Gorman & Jason York

Captains: Sakina Cotton, Eleanor DeHoog, & George Ryckman

Managers: Julia Rocha, Sonia Xiong, & Anna Du

Overall Season Meet Record

Win	Loss	Tie
5	1	0

Letter Winners: James Bae, Bodhi Beroukhim, Tasha P. Bohorad, Julia Carmona, Elliot H. Chung, Sakina I. Cotton, Suhaila I. Cotton, Destiny F. Covington, Eleanor R. DeHoog, Antonia A. Elliott, Sebastian H. Haferd, Narek Hambardzumyan, Jacob A. Honor, Byron E. Johnson, Magnus G. Julin, Ophelia Lee, Nicolas O. Lima, Isabelle R. Matloff, Evangeline V. Murphy, Daniella I. Nugent, Arnold E. Principal, Julian J. Rios, George H. Ryckman, Layla B. Shmuylovich, Margaret M. Tsien, Winston-Hughes B. Wall, McKenzie J. Williams, Sonia H. Xiong, & Reese P. York

Award Winners:

Richard S. Pieters Award: Sakina I. Cotton

Richard Lux M.I.P. Award: Suhaila I. Cotton

Wrestling

2023~24 Schedule and Results

Wed	12/06/2023	All-Gender Wrestling V	St. Paul's	A	3:30 PM		48-36	W	
Sat	12/09/2023	All-Gender Wrestling V	Avon Holiday duals	A	1:00 PM				
Wed	12/13/2023	All-Gender Wrestling V	Wilbraham & Monson	H	3:45 PM	Pan Athletic Center, Andover, MA	51-30	W	
Thu	12/14/2023	All-Gender Wrestling V	Travel day	A					
Fri	12/15/2023	All-Gender Wrestling V	Beast of the East	A	9:00 AM				
Sat	12/16/2023	All-Gender Wrestling V	Battle of the Bay	A	9:00 AM	always tabor			
Sat	12/16/2023	All-Gender Wrestling V	Beast of the East	A					
Sun	12/17/2023	All-Gender Wrestling V	Beast of the East	A					
Sat	01/06/2024	All-Gender Wrestling V	Choate	H	12:00 PM	Pan Athletic Center, Andover, MA	51-30	W	
Wed	01/10/2024	All-Gender Wrestling V	Noble & Greenough	H	4:00 PM	Pan Athletic Center, Andover, MA	30-51		L
Sat	01/13/2024	All-Gender Wrestling V	Deerfield/Hyde/PEA/RL	H	2:00 PM	Pan Athletic Center, Andover, MA	3-1	W, W, W	L
Sat	01/20/2024	All-Gender Wrestling V	Eight Schools	A	3:15 PM	NMH for 8 schools			
Sat	01/27/2024	All-Gender Wrestling V	Seabrooke Duals	A	12:00 PM	PEA 2022			
Wed	01/31/2024	All-Gender Wrestling V	Governor's/Tahayer	A	3:15 PM	at Gov 24	54-30	W	
Sat	02/03/2024	All-Gender Wrestling V	northerns	A	9:00 AM	always at Hyde School in ME			
Sat	02/10/2024	All-Gender Wrestling V	INTERSCHOLS CLASS A	A	10:00 AM				

Sat	02/17/20 24	All-Gender Wrestling V	NEW ENGLANDS	A	9:00 AM	at Choate in 24			
Fri	02/23/20 24	All-Gender Wrestling V	NATIONALS	A	12:00 PM	Show Place Arena in Washington DC			
Sat	02/24/20 24	All-Gender Wrestling V	NATIONALS	A	12:00 PM	Show Place Arena in Washington DC			
Sun	12/10/20 23	Wrestling G	St. Paul's	A	11:00 AM				
Wed	01/17/20 24	Wrestling G	open invitational - cancelled	H	3:30 PM	Pan Athletic Center, Andover, MA			
Sun	01/28/20 24	Wrestling G	Female Tournament, 11th annual	H	12:00 PM	Pan Athletic Center, Andover, MA			
Wed	01/31/20 24	Wrestling G	Middlesex	A	3:15 PM				

Phillips Academy All Gender Wrestling 2023-24

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
James Bae	2026	New York, NY	Oliver B. Kim	2026	Hong Kong, HK
Bodhi Beroukhim	2025	Brookline, MA	Otto A. Kroeger	2027	Concord, MA
Caleb S. Beroukhim	2027	Brookline, MA	Ophelia Lee	2026	Gainesville, FL
Tasha P. Bohorad	2026	Orwigsburg, PA	Isaac B. Leeper	2027	Londonderry, NH
Graham J. Burtle	2024	Portland, OR	Nicolas O. Lima	2025	Sea Girt, NJ
Julia Carmona	2024	Bronx, NY	Isabelle R. Matloff	2024	Los Angeles, CA
Minjun S. Choi	2027	Seoul, KR	Evangeline V. Murphy	2025	Boston, MA
Parima Choophungart	2024	Bangkok, TH	Brady K. Nelson	2027	Hopkinton, MA
Marie K. Christodoulou	2024	Alexandria, VA	Daniella I. Nugent	2025	Boxford, MA
Elliot H. Chung	2024	Greenwich, CT	Sunghoon Park	2026	Yeon-su-Gu, Incheon, KR
Sakina I. Cotton*	2024	Cambridge, MA	Rodnelly Y. Paulino	2027	Methuen, MA
Suhaila I. Cotton	2024	Cambridge, MA	Arnold E. Principal	2024	Brooklyn, NY
Destiny F. Covington	2026	Bronx, NY	Julian J. Rios	2026	Lowell, MA
Eleanor R. DeHoog*	2024	Covington, LA	Julia S. Rocha	2025	Lawrence, MA
Anthony Diaz	2025	Culver City, CA	George H. Ryckman*	2024	New York, NY
Anna C. Du	2024	Andover, MA	Layla B. Shmuylovich	2026	Toronto, CAN
Adam W. Effendi	2027	Houston, TX	David Siahaan	2027	Chambersburg, PA
Antonia A. Elliott	2027	Naches, WA	Kibalo C. Signan	2025	Bronx, NY
Sean C. Flynn	2027	Sneads Ferry, NC	Margaret M. Tsien	2026	Fort Lee, NJ
David J. Frahm	2026	Winchester, MA	Sebastian L. Vermut	2027	San Francisco, CA
Sebastian H. Haferd	2025	Cambridge, MA	Lillianna R. Villanueva	2025	Thousand Oaks, CA
Narek Hambardzumyan	2026	Merrimack, NH	Winston-Hughes B. Wall	2025	Waterville, ME
Henry A. Hansen	2026	New York, NY	Liam M. White	2027	Lowell, MA
Jacob A. Honor	2027	Windham, NH	McKenzie J. Williams	2024	Boca Raton, FL
Aden S. Hwang	2027	McLean, VA	Alessandra Chung Yan Woo	2027	Hong Kong, HK
Byron E. Johnson	2025	Washington, DC	Sonia H. Xiong	2024	Malvern, AU
Magnus G. Julin	2025	North Andover, MA	Anthony Yang	2025	Charlotte, NC
Grace J. Kim	2027	Yongin-si, AA, KR	Reese P. York	2026	Andover, MA
			Wendi Zheng	2024	Andover, MA

*Captain

Coach: Kassie Archambault
Assistant Coaches: Rich Gorham, Chip Dunn, Jason York

Wrestling

2023~24 Highlights

DECEMBER 6, 2023

Wrestling AGV at St. Paul's School
W 48-36

ANDOVER OPENS SEASON WITH ON THE ROAD VICTORY

Andover kicked off the 2023-2024 season with a victory over St. Paul's School. Co-captain George Ryckman '24 (132 lbs) started the team off strong with a 1:17 pin in the first period. Ethan Principal '24 won by forfeit at 138 lbs, and Dani Nugent pinned her opponent in the second period, giving Andover an 18-0 lead over St. Paul's. The Pelicans bounced back with a first period pin of their own at 150, but then at 157 lbs James Bae '26 won his varsity debut match and, after a back and forth battle, secured the pin with just 25 seconds left in the match, making the team score 24-6. Andover lost the next five matches to St. Paul's and the team fell behind 24-36, but at 106 lbs Julian Rios '26 gave the team the momentum it needed with a 16 second pin. Co-captain Sakina Cotton '24 followed suit with a 37 second pin of her own, and Eva Murphy '25 and Tasha Bohorad '26 rounded out the dual meet with two pins, to put Andover in the lead 48-36. In exhibition matches, David Frahm '26 and Sebastian Haferd '25 won their matches by pin. Varsity is on the road again on Saturday and headed to Avon Old Farms for their annual Holiday Dual Tournament.

DECEMBER 9, 2023

Wrestling AGV at Avon Holiday duals

ANDOVER GOES 2-2 AT AVON HOLIDAY DUALS

Andover was on the road for the Avon Holiday Dual Tournament. Andover was in Pool A with NMH, Avon Old Farms, and Nobles. In the first match of the day Andover went up against returning Class A Champions NMH. Andover lost at 285, won by forfeit at 106, and lost the next two bouts at 113 and 120. At 126 Tasha Bohorad won by disqualification, as her opponent incurred too many technical violations, and Tasha earned 6 team points. At 132 George Ryckman '24 pinned his opponent, giving us a tie team score at 18-18. Andover lost the following match, but at 144 Dani Nugent '25 defeated her opponent 6-3, and the team score was 21-24. Andover won by forfeit at 150, and took the lead 27-24. Unfortunately Andover lost the next 5 bouts and fell 27-53 to NMH.

In the second match of the day Andover took on the winged beavers of Avon Old Farms. At 106 lbs Julian Rios '26 kicked off the dual meet with a 23 second pin. 113 Sakina Cotton '24 followed suit with a second period pin of her own, and at 120 Eva Murphy '25 had an inspiring major decision 15-7 over her opponent. We lost the next match at 126, but then 132 George Ryckman '24, 138 Ethan Principal '24, and 144 Dani Nugent '25 all earned pins for the team, advancing the team score to 34-6. Andover lost the next three matches, but then at 175 Nick Lima '25 came from behind to pin his opponent, and then team score was 40-21. Andover lost the next three bouts, and narrowly won the dual meet by 1 point, 40-39.

In the third match of the day Andover wrestled Nobles. Andover won the dual meet 48-31. Captain George Ryckman '24 pinned his opponent in under a minute; at 157 James Bae '26 had a back and forth battle with his opponent, but eventually secured the pin with less than 40 seconds left in the match. At 285 Byron Johnson '25 battled it out for a second period pin.

Since Andover went 2-1 in Pool A, we wrestled Trinity Pawling, who went 2-1 in Pool B, for 3rd place. At 120 Eva Murphy '25 lost a tough battle in overtime 5-7. We lost the next 2 bouts, and at 138 Ethan Principal dug deep to pull out an 8-6 victory, finally putting some team points on the board, 3-12. At 144 Dani Nugent '25 won by pin, and at 113 Sakina Cotton '24 won by forfeit, but we lost the rest of the bouts, and Andover lost the dual 15-52. In exhibition matches, Magnus Julin '25 won by pin.

Also in an exhibition match 106 Julian Rios '26 wrestled against the Hopkins School 106 pounder and won by pin in the first period.
Andover is now 3-2 in the dual meet season.

DECEMBER 10, 2023

Wrestling at St. Paul's Girls Tournament



TEAM ABBOT LEADS IN TEAM POINTS WITH 2 CHAMPIONS

Team Abbot walked away with the team title at the 2nd annual St. Paul's Girls tournament. 14 wrestlers competed for Big Blue and 12 wrestlers placed in the top 5 of their weight classes. Leading the way were Nor DeHoog '24 and Toni Elliott '27. Nor went 2-0 with two first period pins to win the 235 lb weight class. Toni went 3-0, with two first period pins and one pin at 5:35 to secure first place in the 165 lb weight class. At 114 lb Sakina Cotton '24 went 2-1, with a tough loss in the final to her NMH opponent. At 120 Eva Murphy '25 went 2-1, winning 8-1 in her quarterfinal match and 9-0 in her semifinal match, and losing 16-0 in the finals to a nationally ranked opponent from Choate. At 152 Bella Shmuylovich '26 won her semifinals match by pin, and fell to her St. Paul's opponent in the finals after a tough back and forth battle. At 114 lbs Suhaila Cotton '24 went 4-1 and placed 3rd; her only loss was to the eventual champion in the semifinals, and the rest of her matches she won by pin in the first period. At 126 Julia Carmona '24 went 2-1 and placed 3rd, avenging her first round lost to her NMH opponent by winning 5-3 in the third place match. At 165 lbs Isa Matloff '24 went 1-2 and took 3rd place after a first period pin in the second round. At 185 lbs McKenzie Williams '24 won her first match of her wrestling career, went 3-1 on the day with two pins and a 3-1 decision to take 3rd place. At 120 lbs Tasha Bohorad '26 went 2-2 with two pins on the day to earn 4th place. At 152 lbs Lisa De Boer won her first match of her wrestling career by pin, and went 1-2 to secure 4th place. At 126 lbs Ophelia Lee went 1-2 to place 5th. Also competing well for Andover were Alessandra Woo at 107 lbs and Grace Kim at 126 lbs.

1st place- Eleanor DeHoog, Toni Elliott

2nd place- Sakina Cotton, Eva Murphy, Bella Shmuylovich

3rd place- Suhaila Cotton, Julia Carmona, Isa Matloff, McKenzie Williams

4th place- Tasha Bohorad, Lisa De Boer

5th place- Ophelia Lee

DECEMBER 13, 2023

Wrestling AGV vs Wilbraham & Monson Academy

W 51-30

ANDOVER WINS FIRST HOME MEET OF THE SEASON

Andover wins their first home meet of the season over Wilbraham & Monson Academy, 51-30. At 285 lbs Byron Johnson '25 put Andover's first win on the board with an exciting 5-1 victory over his opponent. There were several forfeits to follow, and then 132 pounder co-captain George Ryckman '24 pinned his opponent in 46 seconds. At 138 lbs Magnus Julin '25 went into the second period trailing by one point, but he was able to put his opponent to his back and secure the pin by the end of the second period. At 144 Ethan Principal '24 took charge with a 31 second pin. Andover lost the next two bouts, but was able to pull out the victory with a 51-30 score.

The exhibition matches were just as exciting as the varsity matches! Lisa DeBoer '26 had a come from behind pin in the last seconds of her match, fighting off of her back in the first period and never giving up. Ophelia Lee '26 followed suit with a third period pin of her own, after outscoring her opponent 10-3. Jacob Honor '27 defeated his opponent 5-0, who withdrew due to injury. Cyrus Signan '25, Aden Huwang '26, Winston Wall '25, and Henry Hansen '26 all had exciting matches as well. We've learned a lot as a team in these few weeks, but we still have a long way to go!

DECEMBER 15, 2023

Wrestling AGV at BEAST OF THE EAST TOURNAMENT

ANDOVER COMPETES AT 2ND ANNUAL BEAST OF THE GIRLS GIRLS DIVISION

Four wrestlers competed in the 2nd annual Girls Division at the Beast of the East tournament in Newark, DE: Suhaila Cotton '24 (110); Sakina Cotton '24 (115); Eva Murphy '25 (120), and Dani Nugent '25 (145). Dani Nugent '25 led the way. In the pool round, she pinned her opponent from Lakewood NJ in 1:59; she pinned her CARO opponent in 23 seconds; and she pinned her Musselman opponent in 35 seconds, winning her pool and advancing to the championship bracket. In the semifinals she fell to her BRDI opponent, but she rallied in the 3rd place match and defeated her Boon opponent 7-0.

At 110 lbs, Suhaila Cotton '24 pinned her Lakewood opponent in 2:05, and defeated her MOVI opponent 6-4 to advance to the championship bracket. In the semifinals she fell to her Musselman opponent 7-3 and took 4th place.

At 115 lbs, Sakina Cotton '24 lost to her Movi opponent 10-0 in the pool round, and ended up in the consolation bracket. She lost 5-2 to her MILF opponent, but rallied and defeated her CROF opponent 10-1 to place 7th.

At 120 lbs, Eva Murphy '25 defeated her STG opponent 2-0, but lost to her ORCO opponent 8-0, and advanced to the consolation bracket. She defeated her QAC opponent 4-3, but lost to her WECR opponent 3-0 and took 6th place.

DECEMBER 16, 2023

Wrestling AGV at BEAST OF THE EAST TOURNAMENT

JULIAN RIOS REPRESENTS BIG BLUE AT BEAST OF THE EAST

On Saturday Julian Rios '26 competed for Big Blue in the boys' division of Beast of the East. He pinned his Lakeland Regional opponent in 1:22; pinned his Archbishop Spaulding opponent in 1:36; and defeated his Dowington West opponent 6-0 to advance to day 2. In the quarterfinals on Sunday morning he pinned his Pope John XXIII opponent in 1:36, advancing to the semifinals. He lost a tough semifinals match 3-1 to his Delbarton opponent. In the consi-semifinals he fell 7-2 to his Gilman School opponent, and after an injury in his last match, he lost in OT to his Council Rock North opponent, and placed 6th.

This was Andover's first time competing at the Beast of the East tournament, notoriously one of the toughest in-season national tournaments, and we are so proud of our wrestlers. We look forward to the rest of the season and getting ready for Prep Nationals!

DECEMBER 16, 2023

Wrestling AGV at BATTLE ON THE BAY TOURNAMENT

9 WRESTLERS COMPETE AT BATTLE ON THE BAY

Nine Andover wrestlers traveled to Tabor Academy to compete in the annual Battle on the Bay tournament. In the girls' division, Julia Carmona '24 wrestled in possibly the toughest bracket of the tournament, facing 3 nationally ranked opponents and taking 4th place. Tasha Bohorad '26 pinned her opponents from Eagle Hill and Governor's, before falling to her tough NMH opponent in the finals and taking 2nd place.

In the co-ed division co-captain George Ryckman '24 led the way with a 3rd place finish. In the round of 16 he pinned his Lexington Christian opponent in 43 second. In the quarterfinals he fell to his Choate opponent. In the consolation bracket, he pinned his Brooks and Exeter opponents to advance to the 3rd place match, where, in a rematch against his Choate opponent, he secured the victory with a pin.

At 144 lbs, Ethan Principal '24 drew an unlucky first match and lost to the eventual champion. In the consolation round he rallied, defeating his Exeter opponent 3-2, pinning his St. Sebastian's opponent, and defeating his Wilbraham and Monson opponent 7-4 to advance to the 3rd place match, where he pinned his Hopkins opponent to secure the victory.

At 138 lbs Magnus Julin '25 went 2-2, with wins over Pomfret and BB&N; at 285 Byron Johnson '25 went 1-2, with a win over Thayer. Also competing well for Andover were Elliott Chung '24, Jacob Honor '27, and Winston Wall '25.

DECEMBER 17, 2023

Wrestling AGV at BEAST OF THE EAST TOURNAMENT

JULIAN RIOS REPRESENTS BIG BLUE AT BEAST OF THE EAST

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JANUARY 6, 2024

Wrestling AGV vs Choate Rosemary Hall
W 51-30

ANDOVER DEFEATS CHOATE AT HOME IN 2 DUAL MEETS

Andover improved it's record to 5-2 today at home against Choate Rosemary Hall. We started the dual meet at 144 lbs, where Dani Nugent '25 kicked the team off with a second period pin to put the first team points on the board. At 150 Elliott Chung '24 followed suit with his first varsity win, with a back-and-forth 7-6 decision. In the third period he was able to get the escape to lead by 1 point and held onto it until the buzzer sounded. At 157 lbs Jame Bae '26 lost the first takedown, but after an escape and takedown of his own he took control of the match and pinned in the second period. At 165 and 175 Nick Lima '25 and Otto Kroeger '27 both won forfeits. At 190 lbs Winston Wall '25 won his first varsity match with a 16 second pin. We lost a tough battle at 215, and then at 285 Byron Johnson '25 fought off his back, reversed his opponent and pinned him in the first period. At 106 Julian Rios '26 earned a quick 33 second pin, and at 113 Sakina Cotton '24 won by forfeit. Andover lost the next four matches, but was able to maintain the lead and won 51-30.

Immediately following the all gender varsity dual meet, we competed in the first ever girls varsity dual meet in New England prep (using NFHS weight classes and keeping team score). At 145 Dani Nugent '25 won by forfeit. At 152 Bella Shmuylovich '26 pinned her opponent in 40 seconds, and at 165 Toni Elliott '27 defeated her opponent in an exciting 9-5 decision. At 185 McKenzie Williams '24 pinned her opponent in 18 seconds

with a headlock, and at 235 Nor DeHoog '24 pinned her opponent in 43 seconds. There was no match at 100 lbs. At 107 Alessandra Woo lost by pin, and at 114 Eva Murphy '25 pinned her opponent in the second period after leading 8-2. We lost the next two matches by pin, but at 132 Ophelia Lee had an exciting third period pin. We forfeited at 138, but we won the dual meet 39-24.

In exhibition matches, Isaac Leeper '27 pinned his opponent in the second period; and Lisa DeBoer '26 pinned her opponent in the second period. Sean Flynn '27 won his match in overtime, 5-3, and Destiny Covington '26 won her match with a late third period pin.

Andover is home on Wednesday against Nobles for Senior Day!

JANUARY 10, 2024

Wrestling AGV vs Noble & Greenough School

L 30-51

ANDOVER HONORS 15 MEMBERS OF THE CLASS OF 2024 AT SENIOR NIGHT

Andover honored 15 seniors at it's last home dual meet of the season against Nobles. We started the dual meet at 190 lbs, and we lost the first 3 matches, trailing 0-18 to Nobles. At 106 Julian Rios '26 put our first team points on the board with a first period pin, making the team score 6-18. At 113 Eva Murphy '25 earned a forfeit, and the team score improved 12-18. At 120 co-captain Sakina Cotton '24 pinned her opponent in the 3rd period, tying up the team score 18-18. We lost at the next two matches, and at 138 Ethan Principal '24 was able to secure a pin, and at 144 Dani Nugent '25 also earned a second period pin, tying up the score 30-30. At 150 Elliot Chung '24 lost a tough 6-10 battle, and Nobles took the lead 30-33. Unfortunately Andover lost the next 3 matches and couldn't catch up, losing the dual 30-51.

JANUARY 13, 2024

Wrestling AGV vs Deerfield/Hyde/Phillips Exeter/Roxbury Latin

W 3-1

ANDOVER GOES 3-1 AT HOME QUINT MEET

Andover improved its record 8-4 today after going 3-1 in our last varsity home event of the season. Co-captain Sakina Cotton '24 led the way with four wins. Andover started off the day against our Exeter rivals, coached by Justin Muchnick '16. Andover opened the dual with a win, as Ethan Principal '24 scored a first period pin at 138 and gave Andover the 6-0 lead. At 144 Dani Nugent '25 wrestled a tough match, outscoring her opponent 9-3 and giving the team a 9-0 lead over Exeter. Andover lost the next two matches, one by pin and one by decision, and the score was tied 9-9. At 165 Nick Lima earned a first period pin, giving Andover a 15-9 lead. Andover lost the next two matches by pin, and Exeter took the lead 15-21. At 215 Sebastian Haferd '25 earned a first period pin to tie it up 21-21. We lost at 285, but at 106 Alessandra Woo '27 won by forfeit; at 113 Julian Rios '26 pinned his opponent, and at 120 Sakina Cotton '24 won by major dec. 15-6 over her opponent, giving Andover the lead 37-27. We lost the next match, but at 132 George Ryckman '24 pinned his opponent in the first period to solidify the win 43-33. In an exhibition match Isa Matloff '24 pinned her opponent in 1:37.

Andover took on Roxbury Latin next. Unfortunately Andover only won five of the fourteen bouts. At 215 Sebastian Haferd '25 put the first team points on the board with an exciting second period pin. At 285 Byron Johnson '25 pinned his opponent; at 106 Julian Rios '26 pinned in 29 seconds, and at 113 Sakina Cotton '24 earned an exciting 3rd period pin. At 138 Ethan Principal pinned his opponent in 1:11, but Andover lost the dual meet 30-53. In an exhibition match Suhaila Cotton '24 defeated her opponent 8-5.

In the third meet of the day Andover took on Deerfield Academy. Elliot Chung, James Bae, Sebastian Haferd, Byron Johnson, and Alessandra Woo all won by forfeit. At 113 Julian Rios '26 pinned his opponent in 15 seconds; at 120 Sakina Cotton '24 pinned her opponent in 29 seconds; and at 144 Dani Nugent '25 pinned her opponent in 34 seconds, making the final team score 48-33. In an exhibition match Isa Matloff '24 pinned her opponent in 1:07.

In the final meet of the day Andover wrestled against the Hyde School. James Bae, Nick Lima, Winston Wall, Sebastian Haferd, Julian Rios, and Suhaila Cotton all won by forfeit. At 120 Sakina Cotton '24 pinned her

opponent in 25 seconds; at 132 George Ryckman '24 pinned his opponent in 43 seconds; at 138 Magnus Julin '25 pinned his opponent in 28 seconds; and at 144 Dani Nugent pinned her opponent in 2:31, and the team won the dual meet 60-24. In exhibition matches Ethan Principal '24 and Bella Shmuylovich '26 both pinned their opponents.

Individual records:

Julian Rios 4-0; Sakina Cotton 4-0; Sebastian Haferd 4-0; Dani Nugent 3-0; Alessandra Woo 2-0; Ethan Principal 2-1; George Ryckman 2-2; James Bae 2-2; Nick Lima 2-2; Byron Johnson 2-2; Suhaila Cotton 1-0; Magnus Julin 1-1; Elliot Chung 1-3; Winston Wall 1-3; Tasha Bohorad 0-1; Liam White 0-3; Julia Carmona 0-3

JANUARY 28, 2024

Wrestling AGV vs Female Tournament, 11th annual



TEAM ABBOT ARE 3-PEAT TEAM CHAMPIONS

Ninety six wrestlers from forty one schools competed in the 10th Annual Phillips Academy Girls Wrestling tournament. The day started with a technique clinic from Marisol Nugent (Phillips Academy class of 2020), current UNC wrestler and 2023 Midlands and Princeton Open Champion. We wrestled 13 weight classes- 12 Madison Weights, 8 person brackets, and one round robin 5-person bracket. Phillips Academy came away with the team title with 148 points, 3 champions, and 7 other placers. Choate Rosemary Hall took 2nd place, with 2 champions and 3 other placers. West Nottingham Academy from Maryland took 3rd place, with 1 champion and 3 other placers. The two Outstanding Wrestler awards were awarded to Calli Gilchrist of Choate Rosemary Hall and Daniella Nugent of Phillips Academy. Full results are below and call also be found on TrackWrestling under the event name "Phillips Girls Tournament."

Andover highlights: In the finals, Suhaila Cotton '24 was down 6-9 in the third period with just over a minute left. She hit a beautiful Peterson to reverse her opponent to her back and get the pin, winning the title at 112 lbs.

Dani Nugent '25 won a tough 1-0 decision in her finals match. The first period was scoreless; in the second period Dani took bottom and was able to score an escape and get the 1-0 lead. In the third period she stayed tough on top to keep her 1-0 lead and earn the victory.

Eleanor DeHoog '24 had a rematch with her opponent from last year who pinned her during the tournament. Mentally prepared for a tough match, Nor outscored her opponent 7-0 to win her bracket.

100-106

1st Maddie Morse, St. Paul's School; 2nd Jailyn Edmonds, Josiah Quincy Upper School; 3rd Daniella Gasso, Portsmouth Abbey School; 4th Danyelis Retamor, Greater Lawrence Technical School

107-112

1st Suhaila Cotton, Phillips Academy; 2nd Livi Polansky, Bridgewater-Raynham Regional High School;
3rd Claire Roney, Wellesley High School; 4th Izzy Alvarez, West Nottingham Academy
111-114

1st Kennedie Davis, Bridgewater-Raynham Regional High School; 2nd Mia Dineen, Hingham High School;
3rd Sakina Cotton, Phillips Academy; 4th Ryana Riaz, Governor's Academy
114-120

1st Maddie Li, Andover High School; 2nd Tasha Bohorad, Phillips Academy; 3rd Vivi Jenkins, Choate
Rosemary Hall; 4th Jaycee Carroll, Burlington High School
117-124

1st Calli Gilchrist, Choate Rosemary Hall; 2nd Natalia Accorsi, Tabor Academy; 3rd Jocelyn Antes, Frontier
Regional High School; 4th Ophelia Lee, Phillips Academy
120-128

1st Sara McLaughlin, Choate Rosemary Hall; 2nd Hannah Bryson, Wilmington High School; 3rd Julia Carmona,
Phillips Academy; 4th Elizabeth Duda, Lawrenceville School
129-135

1st Anjue Liang, Latin Academy; 2nd Avery Colgate, Governor's Academy; 3rd Amaya Smith, Oliver Ames
High School; 4th Emma Herbein, West Nottingham Academy
136-146

1st Daniella Nugent, Phillips Academy; 2nd Nora Quitt, Ashland High School; 3rd Ife Lawore, St. Mark's
School; 4th Alexis Lavers, Hyde School
145-152

1st Xavia Banigan, Governor's Academy; 2nd Bella Shmuylovich, Phillips Academy; 3rd Leanne La, Choate
Rosemary Hall; 4th Koda Hall, Hyde School
152-160

1st Meghan Weibe, Sharron High School; 2nd Reagan Ramadan, West Nottingham Academy; 3rd Tessa Master,
Watertown High School; 4th Georgina Wolfson, Choate Rosemary Hall
159-173

1st Emma Leonido, Hanover High School; 2nd Sophie Elber, Tabor Academy; 3rd Karla Lazaro, NMH; 4th Isa
Matloff, Phillips Academy
162-176

1st Kiia Huovinen, West Nottingham Academy; 2nd Marisol Almanzar, Great Lawrence Technical School;
3rd Essence Tucker, Josiah Quincy Upper School; 4th Tanvi Madisetti, Lawrenceville School
188-234

1st Eleanor DeHoog, Phillips Academy; 2nd Samantha Rabkin, Sharron High School; 3rd McKenzie Williams,
Phillips Academy; 4th Sora Oliveri, Marianapolis Prep

JANUARY 31, 2024

Wrestling AGV at Governor's/Thayer
W 54-30

ANDOVER GOES 2-0

Andover vs. Thayer W 54-18

Andover vs. Governor's W 54-30

FEBRUARY 3, 2024

Wrestling AGV at Northern New England Wrestling Tournament

ANDOVER TAKES 2ND PLACE WITH 2 CHAMPIONS

Fifteen Andover wrestlers traveled to Bath, ME today for the Northern New England Championships and took 2nd place as a team out of 13 schools. Leading the way were Julian Rios '26 and Dani Nugent '25, who were champions in their respective weight classes. Julian wrestled for a total of 38 seconds, pinning his opponents in 11 seconds, 19 seconds, and winning his finals match in just 8 seconds. Julian was voted

Outstanding Wrestler by the coaches. Dani Nugent '25 also had a stellar day, going 4-0, with 3 pins, and a hard won 12-7 victory in the finals. Going into the third period the score was tied 7-7; her opponent chose bottom, and Dani was able to turn him twice to secure the victory.

Nick Lima '25 went 3-1 today to claim 2nd place. He won his first match 14-7; he won his quarterfinals match with a second period pin, and he won his semifinals match 3-2. Although Lima kept moving on bottom, he was unable to get the escape, and lost his finals match 0-1.

Ethan Principal '24 went 4-1 today. He was upset in the first round by the eventual champion, but he rallied with four back-to-back pins to claim 3rd place.

Magnus Julin '25 went 4-2 today. He pinned his first opponent, and then he lost in the quarterfinals to the number 2 seed. He then pinned three opponents in a row to make it to the 3rd place match, where he fell 5-18 to his opponent from Belmont Hill.

Suhaila Cotton '24 had a tough draw with the number one seed in the first round, but she pinned her next two opponents to advance to the third place match, where she lost 1-17 to her opponent from Belmont Hill.

Byron Johnson '25 went 2-2 on the day. He pinned his first opponent in 1:59, and he fell to his Exeter opponent in the semifinals. In his consolation match he defeated his Hyde opponent 3-1 in double overtime with an escape and a takedown in the last 30 seconds of the match. He placed 4th.

Julia Carmona '24 went 3-2 on the day. She won her first match by pin, but lost to her opponent in the quarterfinals. In the consolation round she pinned her Marianapolis opponent in the first period; she lost her next match, but pinned her NMH opponent to place 5th.

Caleb Beroukhim '27 went 3-2 on the day. He won his first match 15-7, and then lost his next match to the eventual champion. He won his next match 6-5, and then lost in the consi semis, but pinned his final opponent to place 5th.

James Bae '26 went 3-2 on the day. He won his first match with a first period pin, and then fell in the quarterfinals to his opponent from Landmark. He then won two consolation matches by pin. He lost the consi-semifinals in OT, but then he rallied and defeated his Landmark opponent 16-8 to place 5th.

Narek Hambardzumyan '27 wrestled in his first tournament of the season. He lost in the quarterfinals to the eventual champion; he then won two of his consolation matches by pin, and placed 6th.

Also competing well for Andover were Tasha Bohorad '26 (1-2), Willy Park '26 (1-2), Jacob Honor '27 (1-2), and Elliot Chung '24 (0-2).

FEBRUARY 10, 2024

Wrestling AGV at New England Class A Tournament

ANDOVER TAKES 3RD PLACE WITH 1 CHAMPION AND 4 OTHER FINALISTS

Andover brought 31 wrestlers to the Class A league tournament; 16 wrestlers entered the Prep Division, and 15 wrestlers entered the Girls Division. Wrestlers needed to place top 4 at the tournament or have a 2/3 winning record in order to qualify for New Englands next weekend.

In the Prep Division, Andover had 4 wrestlers make it to the finals. At 106 lbs Julian Rios '26 pinned his Choate opponent in 36 opponent, and he won by technical fall 15-0 over his Northfield Mount Hermon opponent to claim the Class A title. At 113, Sakina Cotton '24 went 3-1, with pins over Deerfield and Phillips Exeter, to take 2nd place. At 138 Dani Nugent '25 went 2-1, with pins over Hyde School and Deerfield to take 2nd place. At 144 Ethan Principal '24 went 2-1, with pins over Exeter and Deerfield to take 2nd place. All four of our finalists qualify for New Englands.

At 132 George Ryckman went 3-1; he pinned his St. Paul's opponent in the quarterfinals. After falling to his Choate opponent in the semifinals, he came back and won two matches by pin to place 3rd and qualify for New Englands. At 165, Nick Lima '25 lost in the quarterfinals to the eventual champion; he came back and won 3 matches by pin to take 3rd place and qualify for New Englands. At 144, Bodhi Beroukhim '25 lost in the quarterfinals to the eventual champion. He then won 3 matches in a row, including a come-from-behind victory at the buzzer, to qualify for New Englands. After an injury he defaulted to 4th place.

At 138 Magnus Julin '25 won his match in the quarterfinals, but fell in the semifinals to the eventual champion. He lost in the consi-semifinals, but then pinned his St. Paul's opponent to place 5th. Because of his 10-5 record throughout the season Magnus qualifies for New Englands. At 157 James Bae '26 went 3-2.

He defeated his Deerfield opponent 4-2; he pinned his WMA opponent in the first period, and he pinned his St. Paul's opponent to place 5th. At 285 Byron Johnson '25 went 2-2, including a pin over his Choate opponent, to place 5th.

At 120 Narek Hambardzumyan '27 went 1-3 to place 6th. He pinned his St. Paul's opponent in the second period. At 215 Sebastian Haferd '25 took 6th, and at 285 Isaac Leeper '27 took 6th.

In the Girls Division Andover had 7 finalist. At 107 Suhaila Cotton '24 pinned her 3 opponents in less than 2 minutes total to claim her Class A title. At 126 Julia Camrona '24 pinned 2 opponents to win her weight class; and at 235 Eleanor DeHoog pinned her opponents to win her weight class. Nadia Choophungart '24, McKenzie Williams '24, Destiny Covington '26, Tasha Bohorad '26, and Bella Shmuylovich '26 all took 2nd place. At 107 Alessandra Woo '27 had an exciting come from behind victory at the buzzer to place 3rd; Luke Christodoulou '24 and Ophelia Lee '26 also placed 3rd. Lilly Villanueva '25 and Lisa DeBoer '26 both placed 4th.

Also competing well for Andover were Elliot Chung '24, Jacob Honor '27, Winston Wall '25, and Grace Kim '26.

FEBRUARY 17, 2024

Wrestling AGV at New England Prep Championships

2 WRESTLERS QUALIFY FOR NATIONALS IN PREP DIVISION; TEAM ABBOT TAKES HOME 3RD TEAM TITLE

Andover brought 20 wrestlers to the NEPSWA Championships hosted by Choate Rosemary Hall- 6 wrestlers in the Prep Division, and 14 wrestlers in the Girls Division. Wrestlers qualified for the Prep Division by placing top 4 at the Class A league tournament or by having a 66.6% win record throughout the season. In the Prep Division Julian Rios '26 led the way with 4 victories to become a 2x New England champion. He pinned his Roxbury Latin opponent in 20 seconds; he pinned his Suffield opponent in 20 seconds; he pinned his Belmont Hill opponent in 54 seconds; and in the finals he defeated his Greens Farms opponent 4-0, with a first period takedown and a reversal. Julian will compete at Prep Nationals next weekend.

At 138 Ethan Principal '24 was seeded 8th going into the tournament. In the Round of 16 he pinned his Portsmouth Abbey opponent in the first period; in the quarterfinals he lost to the one seed. He rallied in the consolation round with a pin over his Brunswick opponent and a pin over his Roxbury Latin opponent to guarantee a top 6 placement. He lost in the consi-semifinals, but then decisioned his Eagle Hill opponent 6-0 to secure 5th place. Ethan will compete at Prep Nationals next weekend.

Also competing well for Andover were 132 George Ryckman (2-2); 138 Magnus Julin (1-2); 144 Bodhi Beroukhim (1-2); and 165 Nick Lima (1-2).

In the Girls Division we had 4 individual champions and 5 other finalists. 138 Dani Nugent '25 led the way with three pins to claim her 3rd consecutive New England championship. She pinned her Governors opponent in 42 seconds; she pinned her Hotchkiss opponent in 44 seconds; and she pinned her Hyde opponent in the finals in the second period after outscoring her 12-0. Dani was also voted Outstanding Wrestler of the Girls Division.

At 235 Eleanor DeHoog also earned 3 pins on her way to victory, also claiming her 3rd consecutive New England championship. She pinned her Marianapolis opponent in the second period; she pinned her Nobles opponent in 11 seconds; and she pinned her teammate in 34 seconds.

In one of the most exciting upsets of the day, Toni Elliott '27 earned 3 pins on her way to victory, defeating a 2x New England Champion in the finals to secure her victory. Toni pinned her Hyde opponent in the quarterfinals in 59 seconds; she pinned her NMH opponent in the semifinals in the first period; and after a back-and-forth battle in the finals that led to overtime, Toni earned the takedown and the pin to become New England champion.

At 185 McKenzie Williams '24 earned two victories over an opponent who had defeated her earlier in the season. After a 7-6 back-and-forth match, she secured the pin in the second period. In her second match, McKenzie scored the take down and was about to turn her opponent, but her opponent got injured and withdrew from the match. McKenzie is New England champion.

At 107 Suhaila Cotton '24 pinned her Choate opponent in the quarterfinals, and she pinned her Portsmouth Abbey opponent in the semifinals, before falling to her Greens Farms opponent in the finals. Suhaila places 2nd at New Englands.

At 114 Sakina Cotton '24 pinned her Hotchkiss opponent in the first period, and pinned her Middlesex opponent in the first period to advance in the finals. In the finals, she battled it out with her NMH opponent, but lost 2-4. Sakina places 2nd at New Englands.

At 126 Julia Carmona '24 pinned her NMH opponent in the first period, and pinned her Marianapolis opponent in the second period to advance to the finals, where she fell to a 3x New England champion from Marianapolis Prep. Julia places 2nd at New Englands.

At 152 Bella Shmuylovich '26 pinned her Choate opponent in the second period; she pinned her Tabor opponent in the first period; she pinned her teammate in the first period; and she fell in the finals to a 3x New England champion from St. Paul's School. Bella places 2nd at New Englands.

At 235 Destiny Covington '26 pinned her Nobles opponent in 2:17; she had a beautiful reversal from bottom to a half nelson. She decisively won her Marianapolis Prep opponent 6-2; and then she fell in the finals to her teammate to take 2nd place at New Englands.

At 120 Tasha Bohorad '26 pinned her St. Paul's opponent in the quarterfinals, before falling to the 2 seed in the semifinals. She then battled her way back in the consolation round, pinned her Hotchkiss opponent, and then pinning her teammate to place 3rd.

At 120 Ophelia Lee '26 pinned her Hotchkiss opponent with only 2 seconds left in the match. She lost in the semifinals to the eventual champion. In the consolation round she pinned her St. Paul's opponent in the first period, before losing a close 2-5 match to her teammate to place 4th.

At 152 Lisa DeBoer '26 decisively won her Tabor opponent 6-0. In her place match, she battled it out with her Choate opponent, but eventually lost 2-7, and placed 4th at the tournament.

Also competing well for Team Abbot were 132 Luke Christodoulou '24 (1-2) and 165 Isa Matloff '24 (1-2). Team Abbot claimed the team title for the 3rd consecutive year now, earning 202 team points. The second place team, NMH, scored 62 points.

FEBRUARY 23, 2024

Wrestling AGV at National Prep Championships

2 CHAMPS AND 5 OTHERS ADVANCE TO DAY 2 OF NATIONALS

11 Andover wrestlers entered the National Prep Wrestling Championships on Friday. At 106, Julian Rios '26 led the way with a pin in the round of 32, a pin in the round of 16, and an exciting 5-3 decision in the quarterfinals to advance to the semifinals on day 2.

In the girls division, Team Abbot ended day 1 with two champs: At 185 McKenzie Williams '24 went 2-0 with two pins to earn her first National Championship. At 235 Eleanor DeHoog '24 went 2-0 with two pins to win her third straight National Prep title.

At 138 Dani Nugent had a bye to the semis, and then pinned her opponent in the semifinals to advance to finals on day 2.

At 165 Toni Elliott '27 had a pin in the quarterfinals and a pin in the semifinals to advance to finals on day 2.

At 107 Suhaila Cotton '24 pinned in the round of 16 and in the quarterfinals; she lost in the semifinals, but rallied with a pin in the consi-semis. She'll wrestle for 3rd place on day 2.

At 114 Sakina Cotton '24 pinned her opponent in the quarterfinals; she lost in the semifinals, but then pinned her opponent in the consi-semis to advance to the 3rd place match on day 2.

At 120 Tasha Bohorad '26 lost to the 1 seed in the round of 16; she then pinned her next two opponents, and won her third match 4-3 in overtime. She lost her consi-semifinals match to a tough opponent from Blair. Tasha goes 3-2 and does not advance to day 2.

At 126 Julia Carmona '24 lost in the quarterfinals to the 3 seed; in the consolation round she rallied with a pin and with a 5-2 decision, before losing in the consi-semis to a tough opponent from Texas. Julia goes 2-2 and does not advance to day 2.

At 132 Ophelia Lee '26 wrestled tough, but went 0-2; at 152 Bella Shmuylovich '26 took on two strong opponents, but went 0-2 and does not advance to day 2.

At the end of day 1 Andover is 2nd overall in the team score in the girls division.

FEBRUARY 24, 2024

Wrestling AGV at National Prep Championships

RIOS MAKES THE FINALS; TEAM ABBOT TAKES 2ND IN GIRLS DIVISION

Day 2 of Nationals: At 106, Julian Rios '26 won an exciting 5-4 decision in the semifinals over his Gilman School opponent. This was a rematch from Beast of the East that Rios lost in December, but he was prepared and ready to avenge the loss this weekend. In the first period he scored a takedown with two near fall points; in the third period he got the escape to advance to the finals. In the finals he lost to the one seed from Wyoming Seminary. Julian is only the second ever Andover wrestler in the boys' division to advance to the National Prep finals. He is now a 2x National Prep placer.

In the girls' division, Team Abbot maintained their second place team finish on day 2. At 107 Suhaila Cotton '24 lost a tough 11-2 major decision to her Lake Highland Prep opponent to place 4th. This is Suhaila's first time placing at the National Prep tournament, and her first time as All American.

At 114 Sakina Cotton '24 scored a takedown in the first period; a reversal in the second period and pinned her opponent to place 3rd. This is Sakina's 3rd time placing at the National Prep tournament, and she is a 3x All American.

At 138 Daniella Nugent '25 took on the #2 wrestler in the country in the finals. She earned two escapes and a reversal, but ultimately lost the match 4-7 to her opponent from Wyoming Seminary. This is Dani's 3rd time in the National Prep finals and on the National Prep podium.

At 165 Toni Elliott '27 fell in the finals to her opponent from Wyoming Seminary. This is Elliott's first time placing at the National Prep tournament and her first time as All American.

This concludes our wrestling season. We are so proud of all of our athletes for the progress they've made, and we wish our seniors well.

Wrestling In the News

All-Gender Wrestling Beat St. Paul's 58-43 in First Match of Season

12/6 – Andover: 58, St. Paul's: 43

Record: 1-0-0

Andover All-Gender Wrestling (1-0-0) opened its season against St. Paul's with a game that had an energetic and supportive atmosphere. Andover emerged victorious, setting a positive tone for its season.

Tasha Bohorad '26 emphasized how the positive environment acted as a motivator for wrestlers and created a supportive team dynamic.

"The atmosphere was great and the vibes were really good. From the start, everyone was super energized. With both teams, we all cheered for each other. When we would win we would cheer and when St. Paul's won, we would cheer them on too which made for a really supportive atmosphere all around," said Bohorad. In preparation for the meet, the team focused on defending moves that St. Paul's typically uses. Winston Wall '25 discussed the team's efforts to train on these specific techniques leading into the season opener.

"The coaches had told us that a lot of the wrestlers at St. Paul's run a move called the 'front headlock' and then a drag and slide. Before the match, we learned how to do that move and a couple of defenses throughout the move to try and fight against it if it came up in a match. Between the veteran group and the newer wrestlers we worked on this move differently, some of us in a live match setting and others just focusing on how to execute the move," said Wall.

Bohorad highlighted the determination that James Bae '26 demonstrated, noting how he overcame exhaustion to pin his opponent and secure a win. Bae's perseverance not only led to his victory but also provided an inspiring moment for the team.

Bohorad said, "Overall in the meet, I want to shout out James Bae. He was wrestling for the 137 weight class. His match lasted until the third period. It was really tough and really close throughout. Both guys in the match were really tired but James stayed tough and kept going. He eventually got the pin which was super exciting."

Numerous new wrestlers participated in different weight categories for their inaugural matches. Despite initial intimidation, they managed to overcome their nerves and performed well. Eva Murphy '25 noted that while the team's inexperience posed some challenges, it is progressively gaining experience.

"One of our weaknesses is some of the people in our lineup aren't as experienced. It is the beginning of the season still, and there are many people in the varsity lineup that haven't wrestled before and this was their first match ever. Everyone worked super hard and gave their best, though," said Murphy.

Looking ahead, the team aims to accumulate more experience and focus on emulating live match scenarios in practice. Murphy outlined the team's training approach as they prepare for their upcoming match.

"A lot of the team in practice knows what they are doing and has everything down. But it is really different when you get out onto the mat and it is just you and your opponent. Once we do some more live wrestling we are going to get a better feel for our matches and be able to execute even better than we did today," said Murphy.

Andover will compete at the Avon Holiday Duals on Saturday.

Anya Budzinski

Tara Menon

Dec 8, 2023

Wrestling Finds Success in Dual Meets and Tournaments



Saturday 12/9 –

Andover: 27, NMH: 53

Andover: 40, Avon Old Farms: 39

Andover: 48, Nobles: 31

Andover: 15, Trinity Pawling: 52

Wednesday 12/13 – Andover: 51, Wilbraham & Monson: 30

Andover Wrestling (4-2) had a meet-filled week, competing at the Avon Holiday Duals on Saturday, the St. Paul's Girls Tournament on Sunday, and a dual meet against Wilbraham & Monson on Wednesday.

Andover faced off against four different teams at the Avon Holiday Duals, finishing the day with two team wins and two losses. Head Coach Kassie Bateman highlighted the individual performance of Dani Nugent '25, who went undefeated in her matches on Saturday.

In an email to The Phillipian, Coach Bateman wrote, "She was competing against wrestlers who were physically stronger than her, but she was technically superior. Every move she executed was textbook, and she was able to win a match by decision (6-3): two pins, and a forfeit. Watching her wrestle was so fun because she's so good."

On Sunday, 14 wrestlers competed at the St. Paul's Girls Tournament, with two individual champions, Nor DeHoog '24 and Toni Elliott '27, leading Andover to a team title. In total, 12 of the team's wrestlers placed in the top five of their weight class.

"We have a lot of less experienced members on our team, so these two weeks in December are about learning moves from all positions and learning to stay in good position. We did that the best we could over the weekend and saw improvement [on Wednesday] in that regard as well. We're looking to see improvement throughout the season," wrote Bateman.

Andover dominated Wilbraham and Monson 51-30 in its home opener on Wednesday. Despite the influx of team members who are new to wrestling, Andover's strength lies in its ability to fill nearly every weight class, according to Nick Lima '25.

"A strength of our team is the number of wrestlers we have, we have nearly every weight class filled, so we gave up very few forfeits today. While this isn't a weakness in the long term, a lot of our wrestlers on varsity

are new wrestlers, meaning it can be difficult for them to jump into a sport as competitive as wrestling and succeed at the varsity level,” wrote Lima in an email to The Phillipian.

Ophelia Lee '26 noted that the team's diligent and technical practice sessions were key in preparation for its matches. She also stressed the critical role of confidence when competing.

Lee said, “This week, we've been doing a lot of work on the bottom: hitting switches, reversals, and breaking down after that. And, it translates. I think we had pretty solid work on the bottom today, staying on our base and really just fighting to keep our heads up.”

Lee also noted how the atmosphere on Wednesday was more relaxed and composed compared to previous meets.

“The atmosphere in comparison to other meets was relaxed because it was a dual meet, so that means it was just one other school. Other events have many schools competing, so it's like tournament style, and there's more pressure,” said Lee.

Andover Wrestling will compete at the Beast of the East Tournament at the University of Delaware on the weekend of December 15.

Elizabeth Wodarski

Madeleine Shin

Dec 15, 2023

Head Wrestling Coach Kassie Bateman '06 Encourages Community and Discipline



Andover Wrestling Head Coach Kassie Bateman '06 became the first female head coach of a New England Prep School in 2019. She was instrumental in organizing and hosting the first-ever All-Girls' Prep School Wrestling Tournament. Aside from coaching Andover, Bateman serves as Director of Female Wrestling on the New England Prep Wrestling Association (NEPSWA) board.

Bateman began her wrestling career at Andover after stumbling upon a wrestling poster in George Washington Hall during her Junior year. Bateman attended a preseason practice, where she fell in love with the sport. As a three-year varsity wrestler, she became the first female to place in the Class A league tournament, and at the Girl's National Wrestling Tournament.

Bateman said, “I think that having lived the student-athlete experience at Andover, as a coach I try to be mindful of the various demands that our students have on their time. I always do my best to respect their time, and make the most of the 90 minutes we have together daily.”

After graduating from Dartmouth University, Bateman returned to Andover and has been coaching the team for seven years. Bateman further iterates her love for the sport due to the valuable lessons of perseverance, commitment, and challenge.

“I love wrestling and the life lessons that it teaches you. In wrestling the match is never over until the referee blows the whistle. You can be losing 0-10 and catch your opponent in a bad position and pin them. So you can never give up, because there's always a chance that you can turn things around. That determination and work ethic stays with you,” said Bateman.

According to Byron Johnson '25, Bateman first-handedly recognizes the physical demands of wrestling. In the midst of intense practices, she checks in players to ensure that they can handle the more demanding aspects of the sport. She plans these check-ins with fun games in order to energize the team.

Johnson said, “She keeps us motivated and focused, but at the same time, makes sure that we're having fun with the sport. Wrestling is very tough, and it's very physically demanding. If anyone knows that, that's her... She's making sure that we are physically okay, mentally okay.”

Bateman continues to honor the values of hard work, teamwork, and inclusion set by former Head Coach Rich Gorham. According to Tasha Bohorad '26, Bateman instills these values every day in a way that drives wrestlers to support each other.

“Our team is really sportsmanlike. We cheer for everyone on the whole team in exhibition matches, which don't count for points. We're still cheering and making sure that we care about everyone's match, which I think she puts as an example,” Bohorad said.

Last Saturday, the team celebrated its annual Senior Night on its last home match. When Bateman began coaching at Andover, she introduced the tradition as a way to celebrate and honor Seniors for their leadership and dedication to the sport.

“We never had the tradition of a ‘Senior Night’ before, and I thought that was a nice way to recognize our Seniors and their special role on the team, whether they are first-year wrestlers or four-year varsity starters,” said Bateman.

As the team reaches mid-season, Bateman looks to prepare each wrestler for the upcoming Class A Tournament, Championships, and Nationals. She has personalized the schedule this season to introduce competitive opponents earlier in the season to prepare Andover for the approaching competitions. Bateman said, “One of my goals for the team is to develop their skills and challenge them at their appropriate level... One way we do this is by adjusting our competition schedule over the years... This year, I knew some of my wrestlers needed national-level competition earlier in the season, and so we took a few wrestlers down to Delaware for Beast of the East... At the end of the season, if everyone has improved, if we’ve done our best to help each athlete achieve their goals, I’d call it a successful season.”

Lily Williamson
Jan 25, 2024

Competition and Compassion: Co-Captain George Ryckman '24 Leads Wrestling Despite Injury



Wrestling Co-Captain George Ryckman '24 began his wrestling career in middle school and has since moved his talents over to the mats at Andover. Although he is currently injured, throughout his captainship, Ryckman has used his knowledge of the sport from nearly five years of experience, and his competitive nature to lead the team at Andover.

From a sibling rivalry-induced activity, to mandatory participation in middle school, to being Co-Captain of the Andover Wrestling, Ryckman’s relationship with the sport has certainly developed over the years.

Ryckman said, “I was born into a family of two brothers, so wrestling has just always been a mandatory part of my lifestyle. Whenever it came to any competition, it usually ended in some form of wrestling. My middle school had a team where everybody was mandated to participate in wrestling. I tried it out and then I started wrestling at the varsity level with that team. That brought me here.”

Tasha Bohorad '26 spoke on Ryckman’s ability to connect with all wrestlers. She touched on his enthusiasm to help newer wrestlers learn about the sport and his willingness to be a part of drills.

“George is a really present leader of the team. I think it helps that he can drill with anyone. Whenever one of the coaches needs someone to demonstrate a move on, he’ll step in. He’s really active in participating. If you need to learn a move, you can ask him how to do it, and he’ll teach you step by step. His form is good, so he is an excellent example for wrestling technique,” said Bohorad.

His knowledge of the sport additionally helps in his ability to lead the team. Ethan Principal '24 highlighted how Ryckman uses his experiences in the sport to help other wrestlers.

Principal said, “Last week I had a tough match against a kid who liked to do leg-riding, and George is very familiar with that kind of situation. I asked him for some help after practice, and he stayed maybe ten to 20 minutes after helping me learn counters and how to do them. From that, I’ve been trying to implement the strategies he taught me into my more recent matches.”

In such a competitive sport, it is important to be led by someone who understands the value of competitiveness. Principal brought up Ryckman’s ability to push his teammates to their limit while also generating a positive team culture.

“It takes mental strength as well as physical, but you got to want to win. George knows that, and he’s been instilling those principles into newer wrestlers. He has done a great job in creating a team mentality of wanting to win and being willing to put in the work on and off the mat to do that. He genuinely wants us to want to be better. He leaves everything on the mat and will go straight into hyping up the team no matter if he won or lost,” said Principal.

Another aspect of Ryckman's leadership is his willingness to help others. Bohorad praised his willingness to help out wrestlers outside of practice.

Bohorad said, "There's [a] wrestling club a little bit before the season. George and [Co-Captain] Sakina [Cotton '24] lead [the] wrestling club and although they did not have to be there, they let wrestlers have a space to learn new moves before the season. I was interested in learning a particular move [and] I asked George for help, and he ran the move on me and then taught me how to do it. I know he does that for everyone on the team."

Ryckman has big goals for the season and hopes to bring his team with him. He is excited to get over his injury and finish his season on the mat.

Ryckman said, "Currently I'm injured with a deviated septum. So, it is a little bit tough to say currently what my aspirations are. I do hope to see us wipe Exeter again this weekend like we did last time. Most importantly, I want our team to do well, and I hope to see my teammates and friends do well in their [matches]. Mostly, I hope I get to get back on the mat even with this deviated septum and keep wrestling for my last season."

Michael Williamson
Jan 25, 2024

Wrestling Goes 2-0 at Dual Meet After Taking the Title at 10th Annual Female Wrestling Tournament

Sunday 1/28

Andover: 148

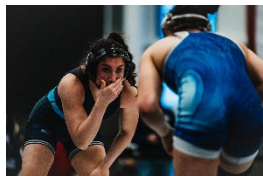
Wednesday 1/31

Andover: 54, Thayer: 18

Andover: 54, Governor's Academy: 30

On Sunday, 96 wrestlers from 41 schools competed in the 10th Annual Female Wrestling Tournament.

Andover took the team title, with three members of Team Abbot, the Girls Wrestling team, Suhaila Cotton '24, Nor DeHoog '24, and Dani Nugent '25 winning their weight class. On Wednesday, the team sent most of its wrestlers to a dual meet against Thayer and Governor's and won both, finishing off its dual meet season.



Members of Team Abbot went to Middlesex for a girls' open event.

Despite losing practice time due to the campus influenza shut down, Team Abbot did not skip a beat. According to Tasha Bohorad '26, the girls team stayed consistent in its training even without structured practice time.

"A lot of our team was sick, and then because of the flu and school getting shut down, we did not practice... Team Abbot is one of the most hardworking teams on

campus. There was no practice, so we went to the gym, we did wrestling outside on the turf, we ran moves on the turf, we did footwork outside. It was cold out, but we were all out there. Then, on Friday, we went for a run, we were in the gym, no one was complaining, everyone wanted to be there, everyone wanted to get better. Then we had practice in Snyder [Center] on Saturday at 1:30 p.m. and everyone was there, everyone was preparing for... [Sunday]," said Bohorad.

The day started off with a clinic led by Marisol Nugent '20, a current wrestler for the University of North Carolina Chapel Hill. Bohorad noted how valuable it was to learn from a decorated wrestler.

"There was a clinic today by Marisol Nugent... She went over a lot of throws and stuff. It was really cool to see a collegiate wrestler who's won a lot and is very accomplished, teaching and being a role model. She wrestles for North Carolina, and she did a clinic in the beginning, so she ran the warm-up with all the girls and all the people at the tournament. Then she went over a bunch of moves that she likes to do and she explained how she likes to do them and went through it. So it was really great to just learn from an experienced wrestler outside of our usual social circles," said Bohorad.

Bohorad highlighted the camaraderie within Girls Wrestling, not just at Andover, but amongst other schools. She mentioned that because it's such a small program, there is an emphasis on supporting others and not just winning.

“I was talking to girls from so many schools, from Lawrenceville, from St. Paul’s, and everyone’s so supportive. You’ll have a match soon, and these girls that you’ve gone against or you’re going against will wish you good luck and give you constructive criticism or will run a move with you. You can take out anyone in the crowd, and they’ll help you in whatever way they can. Girls wrestling isn’t a huge program and it’s competitive, but it’s not hugely competitive, so everyone just wants to see you succeed,” said Bohorad. In Wednesday’s dual meet against Thayer and Governor’s, Elliot Chung ’24 noted that drills practiced prior to the meet were helpful in the overall success of the team. He described two specific moves that the team focused on during the week.



Chung said, “In practice we learned the fireman’s dump/carry sequence. So it felt really good to put what we have been practicing into effect in my match. I definitely saw other wrestlers utilizing that move as well, so that was really cool to see. We also learned the Russian sequence, like the Russian grab, where you grab their wrist, but I didn’t really see that utilized today, but [I] definitely [saw] the fireman’s sequences.”

Chung highlighted the intense focus possessed by all members of Wrestling going into Wednesday’s dual meet. He mentioned that the hands-on nature of wrestling served as motivation for members of the team to focus on their challenge matches.

“It was a pretty standard dual meet, so it wasn’t like tensions were extremely high, but people definitely came ready to compete, ready to give it their all. Wrestling is definitely unique in that, at the end of the day, it’s a combat sport, so people are locked in. They were ready to try their hardest to win their matches,” said Chung. Nick Lima ’25 highlighted Caleb Beroukhim ’27 for his strong performance when stepping up for an injured Captain. Looking forward, he noted the importance of defense and sprawling technique, in addition to cardio. “I think Caleb Beroukhim wrestled well, our Captain [George Ryckman ’24] is injured, so Caleb was taking his place... I think the whole team needs to work on our defense and sprawling, and you can always work on cardio,” wrote Lima in an email to The Phillipian.

Wrestling will compete at the Northern New England tournament at Hyde (ME).

Aaron Huang
Feb 1, 2024

The Rise of Girls Wrestling: Marisol Nugent ’20 and Dani Nugent ’25 Inspire the New England Wrestling Community



Women’s Wrestling is currently one of the fastest-growing sports in the United States. Yet, when Marisol Nugent ’20 and Dani Nugent ’25 first began wrestling, the girls’ wrestling scene was nearly nonexistent. Now, with 41 schools attending the 10th Annual Female Wrestling Tournament at Andover, New England continues to nurture an ever-growing girls wrestling community. As winners of multiple championships and recipients of nationally recognized awards, both

Marisol and Dani Nugent have forged trailblazing paths in the sport.

According to Marisol Nugent, her father, Joe Nugent, who wrestled for Boston College, coached her twin brother when she was little. Although Marisol grew up surrounded by wrestlers, she and her sister did not receive instruction in the sport until much later due to lack of female representation in professional wrestling. “He would let us go watch wrestling sometimes, but the girls weren’t signed up for wrestling for a long time. And when I first asked my dad, he said no, because he didn’t think that girls were allowed to wrestle, he didn’t think there would be practices or tournaments for us... And then one day, when I was in fourth or third grade, we saw another girl at a tournament, so my sisters and I made him go ask her parents how to sign up for wrestling,” said Marisol Nugent.

Wrestling Head Coach Kassie Bateman ’06 described Marisol Nugent’s leading role in making women’s wrestling accessible to more girls. Through social media initiatives and collaborations with coaching staff at various schools, Marisol Nugent advertised wrestling to a wide audience. During that time, she was also named the New England Outstanding Wrestler and awarded the National Prep title in 2020.

Bateman said, “Her Senior Year was the first year that we had an official Girls Division at New England and an official Girls Division at National Prep, and she’ll always say she does it for the younger generation, specifically for her sister. She does all this work so that her sister has the opportunities that she had to fight to create for herself. And so Marisol, in particular, has been a leader in the girls wrestling community for quite some time.”

Inspired by Coach Bateman and looking to support Dani Nugent and other female wrestlers, Marisol Nugent returned to run clinics for the second year at Andover’s 10th Annual Female Wrestling Tournament. After competing at the tournament eight years ago, she has seen the program gain traction, and looking forward, she hopes to further expand girls wrestling throughout New England.

“Coming back to Andover as a clinician is just a really great opportunity because I competed at that tournament... I’ve watched it grow; I’ve watched it develop... and being a clinician means having the opportunity to come home and be around my sister... Anytime that I can teach her, that I can help her, that I can just share space with her, I’ll take that opportunity because she’s one of my best friends and this sport is something that I get to share with her,” said Marisol Nugent.

Dani Nugent attributes much of her personal growth and work ethic to her sister. Despite a five-year age gap, she sees Marisol Nugent not only as a source of inspiration but also as her toughest opponent.

“One of the ways she’s helped me improve is by being my biggest competitor. Every time she comes home from college, we make sure to go on a run, scrap with each other. And, her being my sister, she pushes me to my fullest. It’s not necessarily [that] she’s giving me all this technique, but it’s that she’s always in the back of my mind driving me to work harder, to be as good as her,” said Dani Nugent.

Despite the recent rise of girls’ wrestling, the sport has been dominated by males for a long time. Dani Nugent noted that her sister’s guidance instilled confidence in her to compete fiercely regardless of her opponents. Marisol Nugent had ranked sixteenth in the co-ed National Prep League, and was the only female in her weight class.

Dani Nugent said, “In so many ways, she has just given me the confidence to enter a room full of boys and be able to still have the confidence to compete with them, to be able to score on them. Watching her do that my whole childhood and going into these boys tournaments, I’ve only been able to do it because I’ve seen her do it in the past, and I believe that it’s manageable and it’s doable.”

At the 10th Annual Female Wrestling Tournament, Dani Nugent was named Outstanding Wrestler and won first place in her respective weight class. Marisol Nugent praised her sister for being a role model for the Andover wrestling community and also highlighted the intensity of her matches.

“Dani has contributed to the sport just by being there, just by being a strong and fearless leader to the other girls in the community and the girls around her and by being a good teammate. So, I think she’s done wonders. Even the fact that at the Phillips Academy tournament last weekend she was in such a high-level competitive match, a one-to-nothing match. That’s something I never would have expected in Massachusetts. So, it just shows me that she’s kind of setting that gold standard of what women’s wrestling looks like,” said Marisol Nugent.

With Interschols Class A, New Englands, and Nationals approaching, Dani Nugent shared her aspirations of taking her wrestling journey to an international level.

“The next three weekends are going to be really big tournaments for me. [I am] hoping to become a three-time Prep National Champion. And then following this season, I want to make a world team, which I have world team trials in April. And then I have so many dreams in the sport, like becoming a Fargo National Champion and then taking it to the college level,” said Dani Nugent.

Aaron Huang
Henry Snow
Feb 8, 2024

Spring 2024 Varsity Sports

Baseball	7-13-0
Cycling	See Individual Record
Boys Crew	See Individual Record
Girls Crew	See Individual Record
Golf	7-2-0
Boys Lacrosse	11-7-0
Girls Lacrosse	18-4-0
Softball	12-4-0
Boys Tennis	15-0-0
Girls Tennis	11-3-0
Track & Field	See Individual Record
Ultimate	Incomplete Results
Boys Volleyball	7-6-0
Girls Waterpolo	Incomplete Results

Boys Varsity Baseball

2024

Coach: Christopher Powers

Assistant Coaches: Chris Capano, Kit Leckerling, Chip Dunn

Captains: Luke Gallo, Isaac Lamson, & Jace Roossien

Managers: Irene Ledo '24, Sarah Sirmon '24, Andrew Smith '24

Overall Season Record

Win	Loss	Tie
7	13	0

Letter Winners: Jun An, Robert J. Brown, Owen F. Callahan, Joseph A. Carrara, Matthew L. deBenedictis, Michael J. Doherty, Andy L. Du, Boone S. Fahey, Brian D. Flynn, Luke G. Gallo, Michael P. Gilligan, Rowan Halsey Leckerling, Rishvith C. Kandru, Marek P. Krystofolski, Mikah J. Krystofolski, Isaac H. Lamson, Irene Ledo, William K. Lennon, Steven A. Migliero, Ariel M. Miranda, Caleb T. Penn, Rishi R. Rane, Jace M. Roossien, Nathan T. Rosner, Sarah E. Sirmon, Andrew H. Smith, & Camden E. Willems

Award Winner: Harrison Award – Jace Roosien

Boys Varsity Baseball

2024 Schedule and Results

Sat	03/23/2024	Baseball V	Austin Prep	A	12:00 PM	scrimmage		L
Wed	03/27/2024	Baseball V	Andover HS	H	4:45 PM	scrimmage		L
Sat	03/30/2024	Baseball V	Dexter Southfield School	H	3:00 PM	1-7	W	
Wed	04/10/2024	Baseball V	Dexter Southfield School	A	4:00 PM	1-4	W	L
Sat	04/13/2024	Baseball V	Deerfield	A	4:30 PM	2-6		L
Wed	04/17/2024	Baseball V	Cushing	H	3:30 PM	6-1	W	
Sat	04/20/2024	Baseball V	Worcester	H	12:00 PM	1-3, 8-4		L
Fri	04/26/2024	Baseball V	Winchendon	H	4:30 PM	5-3		
Sat	04/27/2024	Baseball V	Winchendon	A	3:00 PM	4-7		L
Tue	04/30/2024	Baseball V	Brooks	H	4:45 PM	3-4		L
Fri	05/03/2024	Baseball V	Groton	A	4:45 PM	9-5	W	
Sat	05/04/2024	Baseball V	Exeter	A	3:00 PM	9-10, 8-1	W	L
Wed	05/08/2024	Baseball V	Cushing	A	3:45 PM	3-4		L
Fri	05/10/2024	Baseball V	Governor's	H	5:00 PM	5-2	W	
Sat	05/11/2024	Baseball V	Deerfield	H	1:00 PM	1-2		L
Wed	05/14/2024	Baseball V	TOURNAMENT PEA	A	3:30 PM	13-2	W	
Sat	05/18/2024	Baseball V	TOURNAMENT DRFD	A	1:00 PM			L
Tue	05/21/2024	Baseball V	Austin Prep	H	4:45 PM			L
Sat	05/25/2024	Baseball V	Exeter	H	2:00 PM			L



Phillips Academy Baseball Varsity Roster 2024

<u>No.</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
2	Joseph A. Carrara	2024	Pocasset, MA
3	Brian D. Flynn	2025	Danvers, MA
4	Nathan T. Rosner	2024	Bethesda, MD
5	Rishvith C. Kandru	2025	Dracut, MA
6	Caleb T. Penn	2027	Haverhill, MA
7	Marek P. Krystofolski	2025	Harwich, MA
8	Steven A. Migliero	2024	Lynnfield, MA
9	Andy L. Du	2025	Reading, MA
11	Rishi R. Rane	2025	Andover, MA
12	Ariel M. Miranda	2024	Jamaica, NY
13	Jun An	2027	New York, NY
14	Luke G. Gallo *	2025	Shrewsbury, MA
15	Jace M. Roossien *	2024	Nahant, MA
16	Rowan Halsey Leckerling	2026	South Duxbury, VT
17	Isaac H. Lamson *	2024	Stow, MA
18	William K. Lennon	2025	Poquoson, VA
19	Boone S. Fahey	2026	East Thetford, VT
20	Mikah J. Krystofolski	2027	Harwich, MA
21	Camden E. Willems	2024	The Woodlands, TX
22	Michael J. Doherty	2027	Chestnut Hill, MA
23	Robert J. Brown	2025	North Andover, MA
24	Matthew L. deBenedictis	2025	Milton, MA
25	Michael P. Gilligan	2026	North Andover, MA
27	Owen F. Callahan	2026	Mattapoisett, MA

* Captain

Head Coach: Chris Powers

Assistant Coaches: Kit Leckerling, Chris Capano Chip Dunn

Managers: Irene Ledo '24, Sarah Sirmon '24, Andrew Smith '24

Boys Varsity Baseball In The News

Baseball Falls to Austin Prep, Defeats Andover High School in First Two Scrimmages of the Season



On Friday, Baseball scrimmaged Austin Prep away, falling 0-4. On Wednesday the team scrimmaged Andover High School at home, defeating the team 6-3. The team will play its first official game this Saturday.

An highlighted the importance of Coach Wright's discussions about mentality. He also mentioned that the older players were able to share their opinions on staying competitive while also controlling your emotions.

An said, "Coach Wright has been really helpful for us. Not only as just a hitting coach, but also with the mentality part of baseball. It's a game of a lot of ups and downs, you're going to fail and you're going to succeed. That talk really helped our hitters regather our mentality when we play, and a lot of the older guys gave a lot of good thoughts and insights to the younger guys about controlling your emotions, having that really competitive mentality."

An noted the importance of the strong leadership on the team. He highlighted Co-Captains Jace Roossien '24, Isaac Lamson '24, and Luke Gallo '25 as good role models on and off the field.

"We have a lot of experienced players, and talented guys who we can really look up to not only just baseball, but for just as people in general. There are a lot of really nice and supportive guys, especially our three Captains. They've been on the team for more than three years, all of them, so they know what's going on," said An.

Michael Doherty '27 noted that the strength and energy that the team usually has was not reflected in the scrimmage against Austin Prep. Despite that, he highlighted the team's powerful hitting and high energy. Doherty said, "Overall, that game doesn't reflect how we are as a team. But putting that game aside, we're a really strong hitting team. We have a bunch of guys throughout the order who are really good at doing their own job and getting on base. That's definitely one of our biggest strengths. Another strength that we have that wasn't represented in our game is our energy. We usually have really high energy and we're cheering each other on and motivating each other."

From its most recent scrimmage, a win against Andover High School, Roosien spoke on individual routines and warmups. He noted how important going into the game calm and ready to play was in its success.

"Everybody does their own thing, we all ended up getting ready, working with our trainer, who's really close to the team. We all got our work done there. And then we went down to the field and we took on-field batting practice which was a good time. We were just all excited and relaxed and getting our work done hitting and prepping for the game."

Roosien shared how impressed he was with the team's performance – especially the Junior pitchers.

"I would say, first of all, our pitching was outstanding today. Our starter was Michael Gilligan, and he pitched really, really well. I'd say a couple young kids, some freshmen, Mikah Krystofolski [27] as well as Michael Doherty [27] pitched so well today, filling up the zone, a lot of strikes. They really stood out on the pitching side of things," said Roossien.

Looking ahead to its first interscholastic game on Saturday, Roossien shared the team's approach. It plans to work on its hitting, in order to be confident against Dexter Southfield.

"We're definitely going to want to bring our energy when we're hitting. Settling into our approach and our swing and just being comfortable at the plate with a lot of confidence for the next game right from the start. The next couple of days, we're just going to work on finding that swing right away and then bring that to Saturday," said Roossien.

Baseball will play Dexter Southfield at home on Saturday.

Madeleine Lehman

Alastriona O'Donnell

Mar 28, 2024

Boys Baseball Falls to Dexter Southfield in First Game of Season

Andover: 1, Dexter Southfield: 7

Andover Baseball took on the Dexter Southfield in its first official game of the season on Saturday, ultimately losing. Despite the defeat, the team has maintained a positive attitude and remains confident in its abilities moving forward.

According to Camden Willems PG'24, the focus of the season so far has been on hitting. The team also worked defensively to solidify its foundational skills.

Willems said, "Before the season, we worked a lot on hitting and focusing on where we want to hit in positional play and situational. How we want to hit, where we are going to want to hit, and stuff like that. And then on the defensive end, there wasn't too much specifics that we went through. We just went through the basics, infield, outfield drills, where you want to throw on certain cutoffs, and pretty much the basics and button routines, and how to cover buttons and stuff like that."

Marek Krystofolski '25 noted that the team's preseason trip to Florida proved to be beneficial. Although the team felt positive going into the game, Krystofolski believed that certain aspects of play were unfortunately not carried out as well as they'd anticipated.

Krystofolski said, "We did a lot of work, our Florida trip was very successful. We beat some good teams like Avon Old Farms and all of that, but we were confident going in. There were some times where we didn't execute as well as we could have, as in hitting the ball as well as we could have or making the plays when it counted. But going into it, we were pretty confident in our abilities, as you should be, but I feel like the execution was just the problem."

Willems shared similar sentiments about the team's execution. In addition, he noted that both offense and defense had a few slip-ups that can be improved upon.

"We didn't really execute as well as we could have. We definitely could have improved in certain areas. For example, we had two spots where we had full bases, and we had one or no outs, and all we had to do was put the ball in play to get a few runners in. And we managed to do it on one of the plays, but the others, we didn't execute as well, and we didn't get as many runs as we could have. Additionally, on defense, we made a few errors that could have been prevented, and some of the things that we were just lacking, we just didn't realize yet," said Willems.

Despite the loss, Willems applauded the team's spirit throughout the game. He also highlighted its defense and pitching in particular.

Willems said, "The team morale was really good throughout the game, and also understanding that where we are as a team and as a group, understanding that we got to work really hard as a team to build morale. And, also our defense was actually pretty good [for] that game, and our pitching was really well executed that game. We did really well in pitching."

Krystofolski noted that the team went into the game with the mindset of just doing their best. He shared that while it was disappointing to fall to Dexter Southfield, the experience was rewarding nonetheless.

"It's a big game, always. Those guys are pretty good, so we never take them too lightly. We always are looking to beat them, so it sucked dropping the game to them, but going into the game, everybody was pretty excited. We were ready to play. I think we were all looking for a little better outcome, but sometimes the game just doesn't go that way, but it wasn't too bad," said Krystofolski.

Moving forward, the team will continue to work on offensive and defensive situational play, according to Andy Du '25.

“I would say a big chunk of our practices have been working on situational stuff, both offensively and defensively. Knowing where to go with the ball on defense as well as understanding the situations on the base paths is a big emphasis for sure,” said Du.

Boys Baseball will play Bridgton Academy on Friday at home, Stonybrook on Saturday at home, and Dexter Southfield again on Wednesday away.

Aaron Huang

Apr 5, 2024

How Isaac Lamson is the Glue for the Andover Baseball Team



Isaac Lamson '24 leads the Andover Baseball team with his expertise and work ethic to motivate others to succeed. Through continuously connecting with others on and off the field, Lamson creates an open and welcoming environment for everyone. Lamson's love for baseball was initially inspired by his dad and grandfather, who owned a baseball memorabilia store.

“I first got into baseball through my dad. He never played but when he was younger him and his father used to be huge fans of the sport. They collected cards and one day even opened up a store where he sold baseball cards and other autographed items. My dad's love for baseball was one of the first reasons I got into it,” said Lamson in an email to *The Phillipian*.

Lamson's teammates emphasized his value as a leader and as a player. Through the last three years of playing with Lamson, Marek Krystofolski '25 highlighted how Lamson's intelligence and experience on the field strengthened the team.

“He has a very high baseball IQ, which leads him to be a very valuable asset on the team... And, I've always looked up to him because he's older and he knows the ropes,” said Krystofolski.

Krystofolski also spoke about how Lamson values timeliness and accountability. He is beloved by the team for his enthusiasm, humor, and diligence.

“He's very encouraging. He's super funny, and he always makes everybody laugh. He also always holds us accountable which makes him a really good teammate and leader. He's never late and always on time. And, he never skips morning workouts and he's very punctual to practice,” noted Krystofolski.

Lamson echoed Krystofolski's sentiment, mentioning how intentional the captains' and coaches' leadership is.

“My captains and coaches meet constantly to talk about how we want to approach the season and lead our team. We talk about ways to hold our teammates accountable and create an environment that is best for the players,” said Lamson.

Krystofolski also talked about Lamson's values as a leader and how he focuses on being very “team oriented” by creating a close environment. He glues the team together by constantly encouraging his teammates throughout practices and games.

Krystofolski said, “He strives for a tough love which resonates throughout the team... He brings good values of teamwork. He is also very energetic on and off the field which brings the team together. He's positive to everyone... He likes to bring everyone together and encourages us to talk and do team activities together, since he's really team oriented. When we are losing or facing hardships, he likes to give team speeches to raise the team spirit and motivate us.”

Co-Captain Luke Gallo '25 added to Krystofolski's point about the effort Lamson puts into the team to get to know everyone individually off the field. His camaraderie with everyone through speeches, meals, and jokes allows everyone to be comfortable with his role as a captain and makes everyone respect him as a captain.

“He is like a role model to the team with his way of words and his positive attitude all the time, whether we win or lose. He's very supportive of everybody and always picks guys up when they need it most. He never puts anyone down on the team for their performance. He also leads with his actions by always coming to practice on time” said Gallo.

Lamson continued, “I am very passionate about Andover baseball and the home I’ve found in it over my four years here. With that comes moments where I am loud and vocal about mistakes or issues that need to be addressed on the team. Aside from this, I think the best way to be a leader is to find genuine connections with the players on my team. My guys know how much I care about them on and off the field and that creates a certain level of respect and a good environment for us to have trust in each other.” Lamson is committed to further his academic and athletic career at Princeton next year.

Theo Wei

Apr 5, 2024

Baseball Team Faces Setback Against Dexter in Season’s First Road Challenge

Andover: 1 Dexter: 4

Andover Baseball suffered a loss against Dexter Southfield in its second game of the season. Despite the team’s defensive prowess, Andover fell short on overturning the bases into runs.

Mikah Krystofolski ’27 credited Ariel Miranda ’24 and Luke Gallo ’25 for their offensive performances. Miranda began the offensive approach with a double and Gallo followed by scoring a run, which boosted team morale.

“Luke Gallo and Ariel Miranda really stood out today. Ariel led us off with a double down the line, which really got the momentum going. Luke had a [run batted in] (RBI) single up the middle, which helped out crucially,” said Mikah Krystofolski.

Mikah Krystofolski continued, describing an offensive play made by Cam Willems ’24, which helped the team push through an initial standstill and continue building confidence throughout the game.

“Cam Willems had a single over the shortstop’s head and then he came around to score, which really helped out and got the train moving. He broke the ice. That helped out with the team morale as well as the overall spirit in the dugout,” said Mikah Krystofolski.

The team’s struggle was primarily with in-game situations, noted Krystofolski. He highlighted that Andover was able to get a lot of runners on base, but had a hard time following through to score runs. Krystofolski hopes that future practices can focus more on practicing offensive strategies.

“The team as a whole in the past couple of years has struggled with situational hitting. I think going forward, finding a new mindset of how to approach an at bat with runners on base would be very helpful,” said Krystofolski.

Marek Krystofolski ’25 shared similar sentiments, noting that the team came short when the bases were loaded and mainly struggled to convert runners into points.

“The atmosphere was fine, we just didn’t produce in the moments that we had to. We did well in the game, but just when it counted, we came up short. We left a lot of runners in scoring position,” said Marek Krystofolski.

Despite the offensive weaknesses, Krystofolski highlighted the team’s cohesive in-field defense, which was a strength throughout the game, something the team hopes to maintain in future games.

“We worked on being really smooth in the infield and not making many mistakes, and I think that translated well into the game... Sometimes we can get a little sidetracked which affects our gameplay,” said Marek Krystofolski.

Andover Baseball will play Belmont Hill this Friday.

Madeleine Lehman

Apr 11, 2024

Boys Baseball Falls to Deerfield But Comes Back to Dominate Cushing



Saturday 4/13 – Andover: 2, Deerfield: 6
 Wednesday 4/17 – Andover: 6, Cushing: 1

Although Boys Baseball (1-3) lost to Deerfield on Saturday, the team finished the week with a strong win against Cushing. Andover looks to continue its momentum into the game against Worcester this weekend.

According to Mikah Krystofolski '27, during the practices leading up to Saturday's game against Deerfield, the team mainly focused on situational hitting and execution. During the game itself, however, he noted that team's energy was low.

"We worked on hitting, situational hitting. So, runners in scoring position, and executing hits... In the first couple innings, it was pretty dead. But as the game went on, we got more lively. But at that point, it was too late. I think we need to work on being involved in the game for the whole game," said Mikah Krystofolski. As the game went on, pitcher Marek Krystofolski '25 worked hard to shut out Deerfield, only letting up a few hits. This sparked enthusiasm in the team and kept up the team's energy in the dugout.

"Through the first five innings, Marek really shut him down. I think he only gave up one or two hits. That kept the energy high in the dugout," said Mikah Krystofolski.

According to Mikah Krystofolski, some notable players included Jace Roossien '24 who made significant contributions to the game by hitting two ground-rule doubles as well as Cam Willems '24 overall hits.

"Jace had two ground rule doubles and Cam has been doing really well for us. He's one of our better hitters right now," said Mikah Krystofolski.

Reflecting on Wednesday's game against Cushing, Roossien shared he was proud of how the team played, especially regarding the hitters' success and the multiple pitchers.

"Today's game was kind of great all-around pitching. They did a great job. Our hitters started to string together some hits. We had good at-bats all the way around, and some great defense. I gotta say that Isaac Lamson ['24] made a couple of great plays down at third base. We had a big inning, it was the fifth inning where we put up five runs and that was everybody coming together and just having a lot of really good hits. Good at-bats put the game out of hand. Then Nate Rosner '24 came in and pitched three great relief innings. And then Mikah Krystofolski came in for the last two innings and closed out the game. He pitched great," said Roossien.

For upcoming practices, Roossien imagines that the team will work on hitting and how to approach different pitches to hopefully get some more runs in the upcoming game.

"We are going to work on our approach to the plate. Line drive, contact, working up the middle. Taking away that outside corner and, and driving into the other field and just working on seeing high-level off-speed pitches as well. Like curveballs and change-ups and stuff like that," Roossien said.

Baseball will play Worcester at home on Saturday.

Lola Aguirre
 Lillian Stephenson
 Apr 19, 2024

Big Blue Baseball Takes Home a Win After Losing the First Game of a Double-Header



Saturday 4/20 – Andover: 1, Worcester Academy: 3 (1st header)
 Saturday 4/20 – Andover: 8, Worcester Academy: 4 (2nd Header)

This past Saturday, Big Blue Baseball faced off against Worcester Academy (Worcester) in a doubleheader. Although the team lost the first game of the doubleheader, the team's resilience and hunger for revenge motivated their following victory.

Luke Gallo '25 spoke about how the team prepared against Worcester through countless drills to strengthen the team's skills. Whether working on cutoffs, where the infielder receives the

ball from an outfielder to make an easier throw to a certain base, or working on ball placement when hitting, the team practiced relentlessly for this upcoming doubleheader.

Gallo said, “We also worked on defensively just keeping it clean and making outs. We trust our pitching enough that we didn’t really need to practice it, so our pitchers are pretty good... In the infield, we work on, like, quick hands. In the outfield, just work on their routes to the ball and throw into the infielders when we have our cutoffs and things like that.

Owen Callahan ’26 discussed the team’s expectations when facing Maverick Rizy, a top-rated baseball player from Worcester. Drawing on their experience from last year, Callahan highlighted how the team’s preparedness allowed them to perform better and hit more effectively against him.

Callahan said, “We kind of knew for the most part what we were going to get with him. It still didn’t make it necessarily extremely easier, but we had better mentalities going into the game. And we knew what to expect and we did a good job at executing on that.”

Rishvith Kandru ’25 added to Callahan’s point, emphasizing the importance of staying mentally prepared against anyone. Despite Rizy being one of the top prospects in the United States, Kandru emphasized the importance of the team not feeling intimidated.

Kandru said, “Just stick with your approach... We put the bat on the ball a lot. We faced a lot of good pitchers. So, everyone looked confident up there. Everyone looked good.”

Callahan highlighted Jace Roosien ’24 who hit a double against Maverick Rizy and Isaac Lamson ’24 who made a diving play at third base. He emphasized how both plays were crucial during the point of the game, and added a lot of energy to the players.

Callahan said, “Isaac made a diving play to his right and he got up in time and threw the ball to first base with enough time to throw the guy out. It was a great play. It’s a play that I knew he could make, but he was given the opportunity to make it and he executed very well.”

After losing the first game, Gallo described the team’s intense passion throughout the match. Noting the countless hours the players dedicated to the game, Gallo highlighted how the team was fired up following their initial loss.

Gallo said, “Before games everyone’s usually just pretty pumped up. We all care about winning; we all care about baseball. It’s our life and our sport... Having that second game for us was pretty big. It helped us win because we came with a kind of vengeance.”

Callahan spoke fondly of the strong camaraderie within the team, emphasizing how everyone shares the same drive and motivation to work hard and win, which unites them all. Looking ahead, he is hopeful that the team can maintain this mindset and confidence.

Callahan said, “We know how to play as a team. And the key to our success is we have a shared mentality and shared approach when we play our games.”

Boys Baseball will play on Friday at home against Winchendon.

Theo Wei

Apr 26, 2024

Baseball Looks to Double-Header Against Exeter Coming From a Two Loss Deficit



On Friday, Baseball played strong with a win against Winchendon at home but fell to the team at an away game on Saturday. On Tuesday, Andover then fell short against Brooks. Its record now stands at 3-6.

Rishi Rane ’25 commented on the consecutive games against Winchendon and the preparation leading up to each game. Although Andover started off strong, it did not produce the results the next day.

“Saturday we played Winchendon. We lost 7-4. It was a bit of a tough game. It was a close game for most of the game. But, kind of at the end, we lost it... They are definitely a good team. They’ve got a lot of talented guys... The week before practice, we were just really dialed in. We know they are a good team, so we just made sure in all of our reps, we weren’t messing around,” said Rane.

Rane continued, “We played Brooks on Tuesday. It was a close game throughout, we were up early, but we kind of lost it towards the end again. We had some good hitting, but we came up short in a couple crucial moments.”

Baseball played with composure and persisted against Brooks, despite its pitcher striking out nine Andover players and only giving one walk off. Robert Brown '25 highlighted Co-Captain Luke Gallo '25 for his standout hits.

“Luke Gallo did really well. He had a couple clutch hits, good hits. He also made a bunch of plays in the field. He had a ton of opportunities in the field, and he didn’t make any errors. And he had some big hits late in the game. They didn’t come through, but he did his job when it mattered,” said Brown.

Owen Callahan '26 echoed Brown, highlighting Gallo’s defensive performance against a talented Brooks team. Brooks had three runs in the fifth and one more in the sixth to earn their second come-from-behind road victory in the last six days.

“Luke Gallo had some pretty good plays at shortstop. He had no errors. He played very well. He held down shortstop very well,” said Callahan.

Rane also credited Cam Willems '24 for his performance throughout the game, a standout offensive player in these games. As a hitter, Willems has focused his efforts on making sure to get lots of contact with the ball.

“The hitters have definitely been a lot better. Cam Willems, he has had a really hot last couple games. Really productive, whether that’s bunting or just getting hits that fall. He has been extremely productive with the bat. But as a team, we are just stepping it towards the end of the season,” said Rane.

Although Brooks led with three runs, Andover kept a positive outlook on the game, noted Danny Flynn '25. The team then gained momentum, almost tying the game near the conclusion.

“In the sixth inning, we were down four to one and it could have been pretty easy for people to accept the loss, but we did rally back. We scored two runs, which kept us in the game, so it reminded us that we have a fight in us, which is good. This is something that we’ve always been looking for throughout the year. That’s something to be happy about,” said Flynn.

With 13 games remaining until the playoffs at the end of the season, Rane commented on the program’s direction going forward and focus areas for the team to improve on.

“We are still in a good position to keep going with the season. We are about half-way there games wise. The league is wide open, there’s a lot of opportunity to go up, so we’re going to put our best foot forward and if we win the next few games, we’ll be in a good position for the playoffs,” said Rane.

Baseball will play Groton School, Phillips Exeter Academy, and Cushing in the upcoming week.

Madeleine Lehman

May 3, 2024

Baseball Dominates Against Governor’s and Exeter, With a Close Loss to Deerfield



5/10 – Andover: 5, Governor’s: 2

5/11 – Andover 1, Deerfield: 2

5/14 – Andover 13, Exeter: 2

Baseball concluded its week with victories over Governor’s and Phillips Exeter Academy (Exeter), alongside a defeat to Deerfield. Despite this loss, the team was pleased with their performance, particularly in light of their

earlier 2-6 loss to Deerfield this season. Carrying this momentum, the team aims to end the season on a high note.

Baseball was pleased with their robust performance against Governor’s on Friday. Michael Doherty '27 observed that their overall play, including both offense and defense, had grown more consistent compared to earlier games.

Doherty said, “Against Governor’s, I think that recently, we have been lowering down to our competition’s skill level, and I think we did a better job at preventing that this time. They aren’t a great team, but they have some good guys. Matthew deBenedictus '25 did a good job keeping the score down. I think we did a better

job hitting. I came in for the last three innings to close the game. We had some defensive errors in our previous game against Cushing, and we improved our play. We made no errors, and we won the game.” Owen Callahan ’26 commented that the game against Governor’s was very solid. He also expressed satisfaction with their performance against Deerfield despite the loss, highlighting the significant improvement since their last encounter.

“Over the weekend, we played really well. Even though we lost to Deerfield, we played them a lot better this time than last. We are getting a great progression over the season. It was good to get a nice one over [Governor’s] and a pretty good game against Deerfield as well with the score only being 2-1,” said Callahan. Baseball decisively defeated Exeter, triumphing 13-2. Marek Krystofolski ’25 felt that the team delivered a strong all-around performance, scoring six runs in the first inning and showcasing excellent pitching throughout the game.

Krystofolski said, “The team played really well. We had a really strong at-bat from Luke Gallo ’25. It set the tone for the rest of the game, and we put up six runs in the first inning and kept our gas on the pedal. We had great pitching from Nate Rosner ’24, Michael Gilligan ’26, and Michael Doherty ’27. They did a great job pitching, and the bats through the lineup were great, and there wasn’t a bad at-bat in the game.”

According to Doherty, Caleb Penn ’27 has made the most out of his at-bats and playtime.

“Caleb Penn ’27 stood out. He is a Freshman, and with the at-bats he has had, he has made the most of them. During the [Governor’s] game, he played a hard-line drive, and he has made the most of his at-bats. I think that he has had such outstanding play,” said Doherty.

The games featured several key moments. Callahan highlighted a few key instances, such as Jace Roossien ’24’s home run and Rosner’s outstanding performance in pitching without allowing any runs.

Callahan said, “Some crucial moments were Nate Rosner letting no runs all game. There were many moments where multiple runners had no outs, and he was able to put his errors behind him and get out of the inning.

Jace Roossien had a really nice home run towards the end of the game that solidified our win and set the mood.”

As Baseball approaches the playoffs, the team is focusing on building and strengthening community and teamwork during their practices. Callahan noted that they have engaged in team-building activities, including playing Wiffle Ball during practice on rainy days.

Callahan said, “This past week, we have done things that have worked on the team coming together. Last week, we played Wiffle Ball when it was raining. During the practices, we have been more focused keeping in mind playoffs are coming up. We really had to get going to get the outcome we wanted.”

David Siahaan
May 17, 2024

Baseball Exemplifies Selflessness in Thrilling Playoff Game Despite Loss, Falls Short to Austin Prep



5/18 Andover: 2 Deerfield: 3

5/21 Andover: 1 Austin Prep: 5

On Saturday, Boys Baseball competed in the Central New England Prep Baseball League (CNEPSBL) semifinals as #5, falling short to #1 Deerfield in a close game. The team went on to lose against Austin Preparatory School on Tuesday.

Marek Krystofolski ’25 noted the excitement surrounding such a high stakes semifinals game. Everyone was excited going into the event, and despite losing, Krystofolski highlighted how all players worked their hardest. Krystofolski said, “We were all excited. It was a big game, the semifinals. We were all hyped up and ready to go. Everybody was in a pretty good mood and looking to play. We were really excited for the game, and even though it wasn’t the outcome we wanted, we still played a good game. Everyone played their hearts out, which is good to see.”

According to Robert Brown '25, during practice on the Wednesday before the game, there was a collision, resulting in two key players being out with substantial injuries. While this caused a stir in the team dynamic, it also gave it motivation to play for those that could not.

"We were certainly facing adversity though since two of our players had a collision during practice on Wednesday, so we were missing our expected starting centerfielder. This led to two of our players going down with pretty significant injuries. The team was definitely rattled, but our team motto going into the game on Saturday was to play for them since they would have loved to be able to play," said Brown.

Krystofolski gave recognition to Luke Gallo '25, Isaac Lamson '24 and Jace Roossien '24 for scoring two runs in the beginning of the game, putting the team ahead. Although it did not work out in the end, the early scored points raised the morale and got the team excited for the remainder of the game.

Krystofolski said, "I'm not sure what inning it was, but the inning in which we hit our runs, we had some really big hits from Luke Gallo, Isaac Lamson, and Jace Roossien. They brought in two runs and put us ahead at that time, which was really good. It gave us a chance to win. I'd say that's probably the biggest moment, putting us ahead in that situation."

Brown shared that leading up to the game, the team worked on keeping everyone focused and energized for the entire game, not just the beginning. Brown also highlighted the team's selfless tactics, working on approaches that will benefit the whole team rather than just an individual.

Brown said, "One of the things we worked on, not physically, was keeping that energy up, keeping everyone dialed and focused. That was one thing we worked on a lot, which definitely translated. Also our approach at the plate was something we talked about a lot, not getting too big in the moment and staying small and having selfless approaches instead of selfish approaches to benefit the team and not just yourself and your own steps."

Rishi Rane '25 also noted the selfless approach, specifically in terms of hitting. He shared that this was executed especially well in not just Saturday's game, but also Tuesday's against Austin Prep.

"One thing we've been working on most of this season, but mostly recently, is not being selfish at bats when we're hitting. Basically, we hit as a team and each individual player does their job, and we did that much better later in the season, especially in the last two games. That definitely worked out in the end," said Rane.

Brown mentioned the improvements the team has made in the latter half of its season; wins or losses, the team has stayed close with its opponents. Baseball looks to continue its strong work through the end of the season.

"We had a rocky first half of our season, but our second half of our season has been much stronger. We really showed our capabilities throughout that second half, even in our losses, they were all close and hard fought games. We had plenty more wins in the second half. The biggest thing we're focusing on is keeping the momentum and staying with our approach that has clearly been working," said Brown.

Boys Baseball will play in its final game of the season at home against Phillips Exeter Academy on Saturday.

Varsity Crew

2024

Head Coach: Taylor Washburn

Assistant Coaches: Ellen Minzner, Andrew Finch, Dale Hurley,
Kelly Morocco, Amanda Foushee, Jose Zorrilla Matilla, Adian Spencer

Captain: Nate Bechard, George Stoodly, Whitney Kanter, & Emily Turnbull

Overall Season Record

Win	Loss	Tie

No report of scores

Letter Winners: Amanda Chiang, Anastasia Paul, Angie Lucia, Anni Juusella, Avery Davis, Avery Rodeheffer, Bella Shmuylovich, Caroline Romano, Carsen Leach, Emily Turnbull, Gigi Edsall, Giuliana Cardinale, Isabel Djerejian, Jacqueline Li, Jill Reichenbach, Kate Birdsall, Lauren Montgomery, Lucy Heyd, Madeleine Lehman, Maggie Bernal, Maya Rogers, Meg Stineman, Mia Burton, Riya Patel, Sage Preston, Samantha Older, Sarah Katib, Sarah Pan, Tina Cho, Toni Elliott, Willow Wright, Aaron Portelance, AJ McQuide, Andre Wu, Andrew Chinn, Andrew Liu, Andrew Massicotte, Anthony Ganci, Anthony Myers, Cade Rutkoske, Charles Vest, Charlie Domina, Chris Savino, Connor Gleason, Dean Burton, Evan Curtin, George Stoodly, Guetty Moita, John Moran, Jonas Giannoni, Lucas Benardete, Luke Francis, Luke Piasecki, Maggie Qi, Magnus Julin, Matteo Horvat, Max Boesch-Powers, Max Dabbous, Max Panda, Michael Williamson, Nate Bechard, Nathan Egbuna, Nathen Neu, Nic Kramer, Owen Anawalt, Quinn Domina, Reed Manning, Sia Gandhi, Spencer Salhanick, & Will Trainor

Award Winner: William H. Brown Crew Trophy –

Boys Recipient: 1st Boat

Girls Recipient: Whitney F. Kanter

Varsity Crew 2024 Schedule

Sat	04/06/2024	Crew B	Salisbury/Deerfield	H	2:00 PM
Sat	04/13/2024	Crew B	Kent	H	3:00 PM
Sat	04/20/2024	Crew B	St. John's/BC	H	2:00 PM
Sat	04/27/2024	Crew B	Hanover/Bedford	H	2:00 PM
Sat	05/04/2024	Crew B	St. Paul's	A	4:00 PM
Sat	05/11/2024	Crew B	Tabor/Exeter	H	2:00 PM
Sat	05/25/2024	Crew B	NEIRA	A	10:00 AM
Sat	04/13/2024	Crew G	Kent	H	3:00 PM
Sat	04/20/2024	Crew G	Deerfield/CRI	H	2:00 PM
Sat	04/27/2024	Crew G	Hanover/Bedford	H	2:00 PM
Sat	05/04/2024	Crew G	St. Paul's	A	4:00 PM
Sat	05/11/2024	Crew G	Tabor/Exeter	H	2:00 PM
Sat	05/25/2024	Crew G	NEIRA	A	8:00 AM



Phillips Academy ~ Girls Crew Roster 2023-2024

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>	<u>Name</u>	<u>Yr.</u>	<u>Hometown</u>
Margaret L. Agosto	2026	Hopkinton, MA	Carsen B. Leach	2027	Phoenix, AZ
Maty C. Bah	2026	Lynn, MA	Ophelia Lee	2026	Gainesville, FL
Elyse C. Benjamin	2027	Reading, MA	Madeleine T. Lehman	2027	Lake Forest, IL
Margaret C. Bernal	2024	Lawrence, MA	Jianlin Li	2027	Andover, MA
Kathleen A. Birdsall	2025	Lake Oswego, OR	Angelina J. Lucia	2025	Haverhill, MA
Katerina Browder	2026	London, GB	Kaya Mangani	2027	Andover, MA
Mia S. Burton	2025	Valatie, NY	Danyella Mendez	2025	Sunnyside, NY
Giuliana N. Cardinale	2025	New York, NY	Lauren V. Montgomery	2025	Philadelphia, PA
Siona Chan	2026	Portland, OR	Naomi Oberweger	2024	Riverside, CT
Amanda Chiang	2024	San Francisco, CA	Samantha D. Older	2025	River Forest, IL
Christina Cho	2025	Seoul, KR	Sarah Y. Pan	2024	Salinas, CA
Marie K. Christodoulou	2024	Alexandria, VA	Chloe Park	2027	Little Neck, NY
Annabelle Curley	2027	Andover, MA	Riya P. Patel	2026	North Andover, MA
Avery E. Davis	2025	Garden City, NY	Anastasia L. Paul	2026	Vienna, AT
Isabel A. Djerejian	2026	Miami, FL	Tina B. Phan	2026	Los Gatos, CA
Genevieve G. Edsall	2025	New York, NY	Sage L. Preston	2025	New York, NY
Antonia A. Elliott	2027	Naches, WA	Maggie Qi	2024	Ridgewood, NJ
Sia P. Gandhi	2024	Andover, MA	Jill B. Reichenbach	2024	Potomac, MD
Zoe M. Gilbertson	2027	San Francisco, CA	Avery Rodeheffer	2025	New Haven, CT
Jacqueline E. Gonzalez	2027	Hoboken, NJ	Cora R. Rogers	2027	Andover, MA
Davyn I. Gottfried	2025	Avon, CT	Maya L. Rogers	2025	Tokyo, JP
Lucille D. Heyd	2026	Andover, MA	Caroline I. Romano	2026	Andover, MA
Anni M. Juusela	2024	Kauniainen, FI	Layla B. Shmuylovich	2026	Toronto, CAN
Whitney F. Kanter *	2024	San Francisco, CA	Margaret H. Stineman	2025	Chicago, IL
Chloe J. Kasule-Wallace	2026	South Riding, VA	Macalister J. Strong	2027	New York, NY
Sarah Katib	2026	Andover, MA	Eleanor M. Tong	2024	Stamford, CT
Eva K. Kim	2027	Hong Kong, HK	Margaret M. Tsien	2026	Fort Lee, NJ
Anna M. Korczak	2024	Lake Forest, IL	Anna Tsvetkov	2026	Cambridge, MA
Yumi Lai	2027	Culver City, CA	Emily Turnbull *	2024	San Francisco, CA
Sophia A. Lazar	2026	New Orleans, LA	Willow M. Wright	2026	Andover, MA
			Addison Zorrilla	2025	Andover, MA

*Captains

Head Coach: Taylor Washburn

Assistant Coaches: Ellen Minzner, Andrew Finch, Dale Hurley,
Kelly Morocco, Amanda Foushee, Jose Zorrilla Matilla, Adian Spe



Phillips Academy ~ Boys Crew Roster 2023-2024

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
Gian A. Alingog	2025	San Jose, CA	Nicolaas P. Kramer da Silva	2026	Campinas, SP, BR
Owen N. Anawalt	2024	Corte Madera, CA	Andrew H. Liu	2027	Mahwah, NJ
Dylan E. Anzel	2026	San Francisco, CA	Reed T. Manning	2025	Lynnfield, MA
Nathan B. Bechard	2024	Andover, MA	Andrew N. Massicotte	2025	North Reading, MA
Lucas Benardete	2026	Seattle, WA	Andrew J. McQuide	2026	Andover, MA
Max R. Boesch-Powers	2024	Cambridge, MA	Guetty C. Moita	2026	SeaTac, WA
Michael R. Bria	2027	Wilton, CT	John T. Moran	2024	Andover, MA
Dean S. Burton	2026	Valatie, NY	Andrew B. Morgan	2024	East Setauket, NY
Andrew H. Chinn	2024	Jakarta, ID	Anthony C. Myers	2025	South Hamilton, MA
Evan J. Curtin	2025	North Andover, MA	Keita Narusawa	2026	Andover, MA
Maximilian A. Dabbous	2024	San Antonio, TX	Nathan A. Neu	2026	Wilmington, NC
Charles A. Domina	2027	Andover, MA	Maximilian P. Panda	2027	Beverly, MA
Quinn A. Domina	2024	Andover, MA	Luke C. Piasecki	2024	Charlotte, NC
Nathan I. Egbuna	2026	El Paso, TX	Aaron N. Portelance	2027	Dartmouth, MA
Zenghan Feng	2027	Qingdao, CN	Cade Rutkoske	2026	New York, NY
Sean C. Flynn	2027	Sneads Ferry, NC	Spencer C. Salhanick	2024	Andover, MA
Luke B. Francis	2025	Cape May, NJ	Christopher W. Savino	2024	Andover, MA
Anthony R. Ganci	2024	Andover, MA	Shloak Shah	2026	London, GB
Jonas H. Giannoni	2025	New York, NY	Jialai She	2027	Tallahassee, FL
Connor S. Gleason	2025	Southborough, MA	George Stooddy	2024	Alexandria, VA
Haixiang Gong	2026	Andover, MA	William J. Trainor	2025	Woburn, MA
Ayaan M. Hasham	2027	Lexington, KY	Charles D. Vest	2025	Chestnut Hill, MA
Jackson Hersom	2027	North Andover, MA	Paul C. Wehner	2025	Atherton, CA
Matteo P. Horvat	2025	London, England	Michael V. Williamson	2025	Santa Monica, CA
Owen M. Huang	2027	Cambridge, MA	Andre Wu	2026	Andover, MA
Magnus G. Julin	2025	North Andover, MA	Darren Xu	2025	Andover, MA

Head Coach: Taylor Washburn

Assistant Coaches: Ellen Minzner, Andrew Finch, Dale Hurley,
Kelly Morocco, Amanda Foushee, Jose Zorrilla Matilla, Adian Spencer

Varsity Crew Highlights

APRIL 6, 2024

Crew BV vs Salisbury/Deerfield



STRONG SHOWING FOR BOYS ROWING TO OPEN SEASON

Distance: 1650

Conditions: Variable headwind conditions on the course (10-20mph). Strong tail current.

On April 6, Salisbury and Deerfield traveled to Andover to race against our 1st, 2nd, and 3rd boats. In addition, Belmont Hill sent crews to race our 4th, 5th, and 6th boats. Andover had strong showings across the board, highlighted by wins in the 1st boat and 3rd boat.

It was especially noteworthy that we could race all of our athletes this early in the season, including several athletes new to the sport.

Results can be found at: <https://www.row2k.com/results/...>

Boys' 1st Boat

Boys' 2nd Boat

Boys' 3rd Boat

Boys' 4th Boat

Boys' 5th Boat

Andover 4:34.4	Deerfield 4:42.9	Andover 4:46.9	Belmont Hill 4:54.1	Belmont Hill 5:20.6
Salisbury 4:41.2	Andover 4:49.3	Deerfield 4:52.0	Andover 5:02.1	Andover 5:31.4
Deerfield 4:45.1	Salisbury 4:59.3	Salisbury 5:18.0		And/BelHill 5:56.4

APRIL 13, 2024
Crew BV vs Kent



BOYS' ROWING WINS PERRY AND BROWN TROPHY

A great day of racing. Andover wins the Perry and Brown Trophy for its win in the boys' 1st varsity race.

Boys’ 1st Boat

Boys’ 2nd Boat

Boys’ 3rd Boat

Andover 4:07.5

Kent 4:10.7

Andover B3 NTT

Kent 4:10.5

Andover 4:12.5

Andover B4 +5.4

Kent +8.3

APRIL 13, 2024
Crew GV vs Kent



GIRLS' WIN TWO OF THREE RACES VS. KENT

The Andover girls opened their season by winning two of three races against Kent.

Girls' 1st Boat

Girls' 2nd Boat

Girls' 3rd Boat

Kent 4:34.7

Andover 4:47.0

Andover 5:04.6

Andover 4:39.7

Kent 4:50.9

Kent 5:07.0

APRIL 20, 2024

Crew BV vs St. John's/BC

BOYS CONTINUE STRONG START TO SEASON

Boys' 1st Boat

Boys' 2nd Boat

Boys' 3rd Boat

Boys' 4th Boat

Boys' 5th Boat

Andover 4:26.9

BC
High 4:41.8

Andover 4:39.9

Andover 4:51.0

Andover 5:16.0

BC
High 4:37.6

Andover 4:43.8

BC
High 4:51.4

BC
High 5:14.9

Andover/St.
John's Prep
Composite 5:50.0

St. John's
Prep 4:42.9

St. John's
Prep 5:01.4

St. John's
Prep 5:00.8

St. John's
Prep 5:45.5

APRIL 20, 2024

Crew GV vs Deerfield/CRI

GIRLS HOLD THEIR OWN AGAINST DEERFIELD AND CRI

Girls' 1st Boat

Girls' 2nd Boat

Girls' 3rd Boat

Girls' 4th Boat

CRI 4:47.3

Deerfield 5:11.5

CRI 5:17.9

CRI 4:50.3

Deerfield 4:53.3

CRI 5:11.7

Deerfield 5:23.8

Andover 5:15.9

Andover 5:00.0

Andover 5:12.1

Andover 5:41.5

Deerfield 5:18.6

Andover
G5 5:37.0

APRIL 27, 2024

Crew BV vs Hanover/Bedford

BOYS SWEEP HANOVER AND BEDFORD

Boys' 1st
Boat

Boys' 2nd
Boat

Boys' 3rd
Boat

Boys' 4th
Boat

Boys' 5th
Boat

Boys' 5th
Boat

Andover
4:27.8

Andover
4:44.6

Andover
4:50.8

Andover
4:53.0

Andover
5:08.0

Andover 5:
16.0

Hanover 4:41.7	Hanover 5:10.9	Hanover 5:25.2	Hanover 5:59.5	Hanover 5:55.5	Bedford/H anover Composite 5:50.0
Bedford 4:46.4	Bedford 5:19.3				

Official results: <https://www.row2k.com/results/...>

APRIL 27, 2024
Crew GV vs Hanover/Bedford

GIRLS WIN 5 OF 6

Girls' 1st Boat	Girls' 2nd Boat	Girls' 3rd Boat	Girls' 4th Boat	Girls' 5th Boat	Girls' 6th Boat
Andover 5:00.5	Andover 5:20.3	Andover 5:35.7	Hanover 5:24.9	Andover 6:13.9	Andover/B edford Composite 6:12.1
Bedford 5:04.7	Bedford 5:30.6	Bedford 5:51.0	Andover 5:37.2	Hanover 6:29 .6	
Hanover 5:08.5	Hanover 5:38.8	Hanover 5:53.6	Bedford 6:10.7		Hanover 6: 18.0

Varsity Crew In the News

Boys Crew Co-Captain Nate Bechard '24 Leads Through Commitment and Camaraderie



Boys Crew Co-Captain Nate Bechard '24 first started rowing during his Junior year at Andover, following in the footsteps of his father. Bechard places an importance on effort, commitment, and work ethic. He not only motivates his teammates by his own impressive performance but by sharing strategies and creating a strong team bond off the water.

Bechard shared his love for the mental strength that Crew requires. He noted the beauty of a sport where you get out what you put in.

"I first fell in love with the sport because of how mentally tough it was and also the fact that rowing is a sport that has pretty much a one-to-one ratio between what you put in and what you get out. You don't really have to have any super special talents or anything. The people who work the hardest generally succeed and I like that a lot about rowing," said Bechard.

One aspect of the team that Bechard and Co-Captain George Stoodly '24 have been working on is implementing large-scale off-season training. Bechard hopes to elevate all of the rowers around him to a higher level through inclusive team workouts.

Bechard said, "This year, we're building something really important that's going to last for a lot longer. We grew as a program this year in terms of the off-season training, and the big role of leadership for me has been trying to get a bunch of people to work out more in the off-season because, like I said, the more work you put in, the better the team is as a whole. So as a leader, trying to raise everyone up around me to make sure all of us are putting in the work to achieve the goal that we have in our minds."

Andrew Massicotte '25 describes Bechard as an accomplished rower who leads by example, while also sending out tips to better his teammates. Massicotte shared his admiration for Bechard's grit, determination, and integrity.

Massicotte said, "He has been able to perform, and he still does perform at a very high level, and he has experience and expertise and training, and he really brings that to the team. For example, if we are doing an erg race, he will send out plans of how you should approach it, pointers on your mindset, and things like that, where he's drawing from his experiences and sharing them with the team, and people really benefit from that... I found that he directs his energy towards improvement, and really leads by example, and people see that, and I follow in his footsteps. He's honest about how things went, what can be improved, and what we did well."

Bechard shared his and Stoodly's goals to continue outside of practice team bonding. Despite Crew being one of the largest teams on campus, Bechard noted the camaraderie present in the way that outside of practice, members of the team choose to spend their time together.

"[Out] of 100 people, I feel like [crew] is one of the closest teams on campus in terms of we go into the dining hall together, we finish practice together, we always do a massive core routine after practice that's totally optional, but everyone goes anyway, just because the crew team is so close. And preserving that as a leader is also something that me and George are trying to do this year," said Bechard.

Spencer Salhanick '24 also noted the commitment he has for the sport and the high standards that Bechard holds for his improvement.

“As a person, Nate is one of if not the most passionate people that I know. By passionate I mean it is really hard for him to quit or give up on his morals. He is very stubborn in a good way, he will never change his mind because someone said something... He will get things done no matter how hard it is [or] how long it takes... He is a grinder. He holds what he wants very close to him,” said Salhanick.

Bechard shared his hopes that the team can win the overall title at the New England Interscholastic Rowing Association (NEIRA) regatta, showing the strength of the program as a whole.

“We have a lot of goals. We are going to win NEIRAs, that’s our goal. We’re going to have a strong program, top to bottom. We’re going to bring home the team trophy, which is the big thing because in the NEIRA league, there’s the 1v trophy, the 2v, and 3v, they can all win medals, but the big ticket for us would be the team trophy where the entire program is dominant... so that’s our goal. And then, who knows, we may go to nationals as well,” said Bechard.

Bechard is committed to row for the lightweight team at Cornell University.

Aaron Huang
Mar 28, 2024

Girls Crew Co-Captain Whitney Kanter '24's Radiant Energy Creates a Joyful and Productive Environment



Andover Girls Crew Co-Captain Whitney Kanter '24 uses her optimistic energy to create a welcoming and comfortable space so her team is able to grow and thrive. Kanter joined the crew team as a means to push herself out of her comfort zone in her Junior Year. On the team, Kanter is an empathetic and enthusiastic leader who works to create an inclusive and positive environment.

Kanter began rowing in her Spring Term of Junior Year and almost instantly fell in love with the sport due to the selfless nature of the team. She highlighted that the collaboration and unity of the team is what pushes her to enjoy the sport more.

“I really love the moment in a race, where a coxswain will call for a really powerful ten-stroke, maybe in the middle of the race when everyone is really feeling tired and out of breath, but... everyone just sits up and remembers that they are rowing for other people in the boat and not just themselves. That moment is really beautiful and one of the reasons why I love this sport,” said Kanter.

Kanter added that she strives to make the team a very friendly environment. Regardless of which boat they are in, she hopes that all members of the team feel as if their voice is equally as important as another.

“The type of leadership I strive for is to be very empathetic and enthusiastic. I want people to feel like they can ask me questions or just tell me about their row everyday and to make sure people know that they have a valuable place in this team whether they are rowing in the top boat or the sixth boat,” said Kanter.

Kanter's enthusiasm and inclusivity is recognized by her teammates. Willow Wright '26 mentioned Kanter's constant compassion for her teammates which puts everyone at ease and helps athletes to establish connections and friendships with one another.

"She's always happy to be at practice, and she constantly has a smile on her face. She's also really good at looking out for everyone to make sure that each person feels included and like they belong, and she does whatever she can to make the team a safe environment," wrote Wright in an email to The Phillipian.

In addition to creating a positive atmosphere, Wright describes Kanter as one who brings perseverance and growth to the rest of the team members.

"She has so much perseverance that translates to the team in terms of pushing us to constantly be the best we can be. As a whole, Kanter is such a positive person who knows exactly how to encourage everyone to continue to push themselves while having fun and growing together... She's extremely uplifting and always wants to see everyone succeed," wrote Wright in an email to The Phillipian.

According to Carsen Leach '27, Andover Crew is a rigorous sport but Kanter's overwhelmingly positive attitude makes it infinitely more bearable. Leach highlighted Kanter's grit and determination to motivate others to push themselves.

"She always brings music and she always texts in the group chat like, 'Hey guys, good job today. We're going to go do core.' It's just really nice to have someone remind you that you're on the team, so don't ever feel bad that you messed up today, you live and you learn, that's the point," said Leach.

Leach continued, "She was just sitting at the back, motivating us, and I could just hear her cheering as I did my workout, and... you don't see a lot of people motivating people like that not out of their own interest but out of the interest of their team... It was really nice to see that."

Madeleine Shin
Mar 28, 2024

Boys Crew Pulls Ahead to Beat NEIRA Champions at Season Opener

B1: 4/6 – Andover: 4:34.4 Salisbury: 4:41.2 Deerfield: 4:45.1

Boys Crew (1-0) competed in its first race of the season against Deerfield, Salisbury, and Belmont Hill on Saturday. Both boats 1 (B1) and 3 (B3) finished in first, each finishing over five seconds before the second place finisher. Boats 2 (B2), 4 (B4), and 5 (B5) all came in second, and Boat 6 (B6) came in third.

According to Sia Gandhi '24, the coxswain of B1, the team was anxious going into the race as it was the opening regatta of the season.

"It was our first race of the season, so there were definitely some nerves going into it, but we were able to pull it together and we were happy with the result. But it still is our first race, so there's a lot to learn from it and a lot to improve upon. Overall, this was a pretty good start to the season," said Gandhi.

Gandhi also noted the disadvantageous weather during the week leading up to the race — for two out of the five days of practice, the team could not go on the water. The team

worked around this setback, however, and used it as an opportunity to work on their technique.

Gandhi said, “This past week, the weather hasn’t been great, so we had two days where we couldn’t go on the water. But other than that, I think we took advantage of the time we did have on the water and outside of the water. We were putting in a lot of work on the ergs, and so that was really important, and I feel like the beginning of the season is really good for building up strength and getting that technical foundation, so that was really our focus this week.”

Charlie Domina ’27, a member of B3, expressed his apprehension when going into the race. Prior to Saturday, the boat lineups were not set in stone, so the team had to acclimate quickly to their boatmates.

“We hadn’t gotten a lot of time in these lineups before Saturday, for my boat, it was just Friday. We were the other boat that won, the [B3]. [Friday’s practice] hadn’t felt great, but then on Saturday, at the start, it really just came together, and everyone did great. But with more time and more defined lineups, there will be better results,” said Domina.

Dean Burton ’26, a rower in B1, expressed his satisfaction with the results of the race, especially considering they were up against Deerfield, a historically strong team.

“Last year, Deerfield was a really good team. They swept NEIRAs, so they won every race. We were really looking to get back at them this year. I’m really proud of the team, [and]w that we managed to stay strong throughout the race and we managed to come off with a couple wins,” said Burton.

Burton mentioned the mentality that Head Coach Taylor Washburn ’03 had been instilling in the team. Rather than focusing on the things the team did poorly, he told them to use “tunnel vision” to latch on to the things the team did well and continue that throughout the season.

Burton said, “One thing we worked on was tunnel vision, so you’re obviously going to take bad strokes, and you just got to really come back from that and not think about what you did wrong and more of what you’re doing right.”

Boys Crew will race against Kent at home this Saturday.

Robert Swan
Apr 11, 2024

Crew Sees a New Course Record In First Full Team Race of the Season



On Saturday, Crew had its first full team race against Kent at home. Overall, the team took home the win in four out of the six races and the rivals competed for a trophy, which the boys team secured. The regatta was highlighted by the B1 boat which broke the course record with a time of 4:07.5.

Dean Burton ’26 highlighted the importance of the Kent race, noting that it’s always a source of motivation for the team. He credited the conditions to some of the boat’s success. Burton said, “The race was against Kent, and for the past couple of years we lost against [them] because they’re always really good. At the start of the season, we know that the boat that we have right now is a special thing because everyone’s really motivated and dedicated to the sport. So then with the conditions on the water, it was pretty smooth. It made it the perfect race.”

The team finds a lot of strength in its spirit and support for one another. Willow Wright '26 shared that no matter the outcome, the Crew community is dedicated to supporting each other.

Wright said "In general, everybody's ability to lift each other up and believe in each other and [since] Crew is such a team sport, even the people outside of your boat, just them cheering you on from the sidelines when they're going up the course to start their race. And then the positive feedback and reinforcement that you get after your races even if it didn't go as planned... We want to see everybody succeed and not just like ourselves in our boat. But whether it's your first race or your last race on this team you want it to be the best one. I think it's really strong that we're able to believe in each other and help each other in that way."

Avery Davis '25 in the G3 had an especially good performance working consistently hard throughout the whole race. Whitney Kanter '24 highlighted Davis's perseverance and adaptability.

Kanter said "Avery Davis, who stroked the [girls] boat three the boat that I was in. She was really great, especially looking at the photos we saw from afterward her eyes were closed. She was in so much pain. But she was working really well. And she would still really quickly pick up on calls and everything really quickly, and that was just getting us all to go faster, and to put everything into what we were doing. So she would be a really good standout rower."

With it being the first full team race of the season, Wright highlighted the enthusiasm and excitement across the team. She also noted that no matter the outcome, this race was a good starting point to kick the season off.

Wright said "It was the first race of the season with the whole team, and so everybody was really amped up and excited and ready to go because it's racing season, so that's very exciting. But also like always people are nervous, but everybody was mostly excited to go out and see how everything we've practiced has paid off. Also it's just the first race, so it's a benchmark and we only go up from here. But everybody was super excited and super happy to be there and we got a lot of good racing done so it was a good day."

Crew will race Deerfield and CRI at home on Saturday.

Henry Snow
Apr 19, 2024

Boys Crew Pushes Past St. John's Prep and BC High



Following a week of record-breaking achievements, Boys Crew maintained its strong form this Saturday, beating St. John's Prep and Boston College (BC) High.

According to Spencer Salhanick '24, B1 went into the race with a mindset of just testing its limits and competing against itself.

Although strong currents presented a challenge that resulted in a slower time compared to last week, Salhanick thought the team still executed well, keeping errors to a minimum.

Salhanick said, "I think we rode pretty well, I think everyone was connected and in sync and getting all the timing done well, catch placement and connecting throughout the entirety of the stroke, but it was interesting because we came into this race knowing that a lot of this

race was us against ourselves. We wanted to prove to ourselves that we could pull a really good race throughout completely... I think we were probably better this week.”

Chris Savino '24 highlighted B1's record-setting performance from the previous week and mentioned that the crew aimed to surpass that achievement. They focused on maintaining speed, refining technical skills, and finishing strongly.

“So we were coming off of a very successful week against Kent, and Kent is a very competitive crew, so we knew that we had the capacity to keep doing very well. I think this week we mainly just worked on kind of maintaining that speed and also fixing technical things and also improving our sprint at the end, so being able to go faster at the end of the race,” said Savino.

Jonas Giannoni '25 pointed out that due to Andover Crew's impressive strength this year, B3 was not only competing against other B3 boats but also aiming to match up with B2 and B1. Giannoni appreciated the ambitious energy from B3.

Giannoni said, “I would say the fact that, in our boat specifically, we really strived to compete with the second and the first boat, so our competitors were not only the people we were rowing against on Saturday, but it was also the second boat, so we were also like, ‘Okay guys, we got this. We need to lock in. Even if we are ahead on any other boats, we need to remember that we are competing, and we are trying to do the best that we can. So if we are ahead, we want to get more ahead, and if we are behind, we are going to get ahead.’ That was a good mentality.”

Furthermore, Giannoni believes that fostering team camaraderie will be crucial in the coming weeks. He thinks that while team members should always be looking to enhance their own strength, they should also ensure that they are bringing their teammates along.

“Getting stronger and withholding that sense of community so that we uplift everybody, making sure that everyone is doing what they need to do to get better, to stay healthy, to get to that spot where you are not working to make yourself better, but to make the team better. Actually, it's more that you are trying to make yourself better and the team better, not just yourself. So, instead of stepping on everyone else, you are just building everyone up, and so you are trying to make that team spirit really excel. You are not just trying to benefit yourself and get as far as you can amongst the rankings,” said Giannoni.

Looking ahead, Savino is confident that each boat will continue focusing individually and collectively on improving its speed and rhythm to achieve the team's ultimate objective of winning the NEIRAs.

“The thing about rowing is that everything builds up to New England's at the end of May, so every crew's goal is, regardless of your opponent every week, to keep on improving and improving so that you peak at the end of the season when it matters most at New England's. So, I think our goal this week is to just simply keep getting faster, make sure we were rowing in sync, and make sure we are working together to make the boat faster,” said Savino.

Crew will race Hanover and Bedford at home on Saturday.

Aaron Huang
Apr 26, 2024

Girls Crew Falls Short Against Deerfield and CRI



Although Girls Crew fell short to Deerfield and Community Rowing Inc. (CRI) in its second race of the season on Saturday, its efforts were characterized by hard work and energy.

The team prepared with intent before its race, focusing on both technical and mental aspects. Caroline Romano '26 mentioned how working on boat chemistry helped the team control its nerves.

Romano said, "We did prepare pretty well for this meet. We did sprint work on Monday to get prepared for certain aspects of our race. We also talked about things we wanted to work on like boat chemistry and talked about focusing on our race plan and the things that we can control. This definitely helps if anyone is nervous or scared at the start line because we know we only have to focus on what we can do instead of the other teams."

While going into the race, the team was aware that both Deerfield and CRI had strong boats. However, Romano highlighted this as an opportunity to work on remaining optimistic even in the face of challenging opponents. She noted that it was this mindset that pushed the team to bring its best on Saturday.

"We went into [the race] knowing Deerfield and CRI were both very good teams. We knew that we had to work really hard and bring 110 percent if we wanted to stay in the competition and in contention. It was awesome to see that drive from a boat. For the girls' side, Deerfield is one of the best teams in the league for Crew, so it's a privilege to get to race them this early in the season and definitely helps us be optimistic despite the loss," said Romano.

Despite losing, the Girls' second boat race was a close race, with Andover finishing in 5:12.1, CRI finishing in 5:11.7, and Deerfield finishing in 5:11.5. Willow Wright '26 emphasized the excitement that came with such a close race where the first and last place finishers were within just 0.6 seconds of each other.

Wright said "The most notable part was G2 because there was only 0.6 second between the first and third place, so all three boats finished within 0.6 seconds of each other, which is a very small margin. I think that, especially to be in that boat, it was very exciting because we pulled back from a lot in the last final sprint. It was really just an exciting race overall, and in general, we had really strong races throughout the entire team."

The team was successful in keeping its spirits up throughout the intense races. Lucille Heyd '26 acknowledged the importance of putting in one's fullest effort, even if the end result isn't the desired outcome.

Heyd said "The energy was super hype and we tried to stay very positive and upbeat. We wanted to just control the things we could control because at the end of the day, you put everything out there and even if the results don't go your way you can at least say you tried your hardest."

Wright noted that this race also allowed the team to gain a sense of its competition, helping it prepare for the New England Interscholastic Rowing Association championship at the end of the season. Wright also shared that regattas are a good chance for the team to showcase what it's been working on during practice.

Wright said "Like any regatta, the atmosphere is always very exciting because we have the whole team together and everybody is hyped and ready to go. Everybody is always really pumped up because we get to show off everything that we've been working on throughout the week, so it's exciting to see how everything plays out. Also for the championships at the end of the season, it's good to get a feel of the other teams and where they are at. I think it was good, everybody was excited and amped up so it was just a fun place to be."

According to Romano, both G1 and G2 exhibited their respective strengths including an impressive start and a final sprint. Going forward, the team aims to connect different parts of the race together and continue improving throughout the season.

Romano said “This meet has definitely given us a lot to look forward to because we were all very proud of certain aspects of our races. G2’s being their sprint and G1’s being our start and our starting 500 (meters) was very good. We just want to build on that and connect different parts of the race together for the rest of the season. We are definitely all looking forward to future races, so we just need to keep improving.”

Girls Crew will compete against Hanover and Bedford on Saturday.

Katherine Rodgers

Apr 26, 2024

Crew Dominates Against Hanover and Bedford, Winning 11 out of 12 Races

On Saturday Crew raced at home against Hanover and Bedford. All 12 boats had the opportunity to race, with all except for G4 defeating both Hanover and Bedford.

Dean Burton '26 noted the celebration after the race and the great energy surrounding the team’s success.

“It was really fun because everyone won. And we all jumped in the river after, cause it’s tradition to throw your coxswain in if you win and then everyone went in the water after.

And it was a really nice day out which made for great racing conditions,” said Burton.

Leading up to the race, G1 practiced with the boys team, pivoting its start sequence. Jill Reichenbach '24 shared that the boat shifted from trying to drive up speed, to getting their movements together.

“We had a new start plan, and so we were all excited to try that out... On Wednesday, we practiced with the boys’ team and Coach [Taylor] Washburn was giving us some advice, and we just changed our sequencing, so instead of three quarters, half, half, we did three quarters, half, lengthen, and lengthen, so we’re focusing [now] instead of pushing the rate on syncing up together to match up our catch times as a team,” said Reichenbach.

Going into Saturday, Caroline Romano '26 shared that both the nice weather and newfound bonds with teammates made everyone optimistic going into it. She highlighted the team’s energy and support for one another.

“We were all definitely very excited going into it. The weather was very nice, which we were really happy to have. I feel like everyone was excited. We were all bonding with our boats. Especially after people had started racing everybody was cheering for everyone like watching everybody. We cheer when we take the boats down to the water for each other and that’s our last good luck to each other,” said Romano

During the race, the G1 dedicates each stroke to a specific boat member and their coach.

Romano shared that they use this as motivation to increase their pressure, which in this race helped them edge out in front of the other boats.

“In my specific race, we take a few strokes for everybody in the boat. So, we have a stroke for each person and then a stroke for our coach. And we like to bring up our press a little bit so that we try and have the boat go faster. It felt like that’s where we made the jump to start pulling away from the other boats,” said Romano.

Romano highlighted G2 for their consistent performance so far. She noted the potential they have for the rest of the season.

"I'm really proud of the G2 this year because they have been really, really good. They won their first race against Kent, and then they did really well in their second race. They didn't win, but they did look really, really well, and they continue to do well this week. And they look like a really strong boat, and I'm really proud of them, and I'm excited for the rest of their season," said Romano.

Reichenbach mentioned the team and specifically G1's goal to work on team chemistry. She noted the importance of learning how to move together and the role that team bonds play in that.

"We're just going to keep working on the team chemistry and syncing up with the person in front of us. Learning how to move from individuals to one team, one boat is going to be our big focus for the season," said Reichenbach.

According to Romano, some ways in which the team and G1 works on its bonding is through boat meetings and dinners. This creates an open dialogue about rowing, and also helps the team get to know each other on a personal level outside of crew.

"Sometimes we'll do boat dinners and boat bonding. We all sit and talk to each other so we all feel like we really know each other. Sometimes we'll do that, but then also at practice we have meetings with our whole group after practice, and so we just air anything and if we think that ended on a bad note, we'll talk again later once everyone has cooled off from the row," said Romano.

Looking ahead to the next race, Burton highlighted the importance of this race against St. Paul's. He shared Boys Crew's goal to work on its mental strength.

"Our next race is at St. Paul's, and that's going to be a really big race because they were really good last year and we're getting to work on, even if we're down off the start, having a stone mentality and just coming back home," said Burton.

Crew will face St. Paul's away on Saturday.

Lola Aguirre
Lillian Stephenson
May 3, 2024

Andover Crew Defeats Exeter and Tabor

In their final home meet on Saturday, All Gender Crew delivered strong performances against Phillips Exeter Academy (Exeter) and Tabor Academy, securing decisive victories for both the boys' and girls' teams. As it trains for the end-of-season championships at New England Interscholastic Rowing Association (NEIRAS), the team is committed to maintaining their diligent work ethic.

In preparation for the meet, the team concentrated on rowing in unison. They worked on timing their catches, coordinating each stroke and recovery phase. Cade Rutoske '26 emphasized the importance of rowing together to maximize the efficiency and potential of the team.

"We focused a lot on rowing together, which is obviously a very important part of rowing because in my boat we have a lot of strength and a lot of talent, but oftentimes it won't be utilized if not everyone is in line with one another and rowing together. Because of this we have been focusing on our catch timing and getting our strokes in the water at the same time while following each other's bodies all the way through the stroke and on the recovering," Rutoske said.

With varying results across the team's many races, the meet was an intense and collaborative effort. Rutoske highlighted the exciting nature of the B2 race where they were tight with Exeter.

Rutoske said, "I think we had a very strong meet. We had a lot of races where the team was up by one or more boat lengths. For B2 it was very close and we were neck and neck with Exeter. We then pulled it out during our spring to get the win by about a second or two. Overall it was a very exciting win. All the boats had strong races so it was really a joint effort across the program which was really cool."

The Andover versus Exeter rivalry further brought a competitive atmosphere to the meet, with the team seeing each event as an opportunity to gauge their skill level. Spencer Salhanick '24 noted that there was particular excitement for this last meet, given the team's hard work over the past few months.

"I think the energy of the event was really exciting. There was a lot of anticipation going into the meet because I think we've all been working really hard all season Coach [Taylor] Washburn tells us that each race is like a measuring stick to see how good we are. I think people were pretty excited going into the race and because of the special rivalry against Exeter, which just added to the anticipation. The first boat also had a deal with Exeter's first boat where whoever won would get an exchanged henley shirt, so that just created extra motivation for the first boat," said Salhanick.

Thanks to the dedication of every rower, the team has seen significant improvement in its performance since the beginning of the season. Salhanick pointed out their faster times and consistent victories as evidence of their progress.

Salhanick said, "I think the biggest way the team has been improving the season is just that we've been putting in a lot of work and grinding every single day. Everyone has been focused and locked in and working on the small things because that can make a difference... We have had a good team from the start but overall there has been improvements and our times have really been reflecting that. It's been a really exciting season and we are all very excited for NEIRAS and we are hopeful that we can win."

With NEIRAS on the horizon, this meet served as a helpful benchmark for the team, indicating its current standing and guiding their attention for upcoming practices. Anni Juusela '24 mentioned that the meet boosted their confidence in handling high-pressure situations effectively.

"Especially going into the last part of the season and NEIRAS, this meet just showed us where we are at. We now can tell what we need to focus on for the upcoming weeks in practice. I also think this gave us confidence because we know that we are a strong team and that we are able to compete in pressure situations," Juusela said.

Andover Crew will compete at NEIRAS on Saturday.

Katherine Rodgers

May 17, 2024

Varsity Cycling 2024

Coach: Thayer Zaeder

Assistant Coaches: Ben Duclos & Sara Parker

Captains: Anna Ohm & Yasmine Tazi

Letter Winners: Justus P. Kaufman, Anna S. Ohm, Yasmine Tazi, Matthew D. Wasilewski, & Emily H. Wu

Award Winner: MVP- Anna S. Ohm

Varsity Cycling 2024 Schedule

Wed	04/17/2024	All-Gender Cycling	Team Time	A	3:30 PM	at Loudon			
Wed	04/24/2024	All-Gender Cycling	Individual Time Trial and Madison	A	3:30 PM	at Loudon			
Wed	05/01/2024	All-Gender Cycling	Individual Time Trial and Madison	A	3:30 PM	at Loudon			
Wed	05/08/2024	All-Gender Cycling	Circuit Race	A	3:30 PM	at Loudon			
Wed	05/15/2024	All-Gender Cycling	Circuit Race	A	3:30 PM	at Loudon			



Phillips Academy Cycling 2024 Roster

<u>Name</u>	<u>Yr.</u>	<u>Hometown</u>
Elliot M. Famiglietti	2025	Andover, MA
Vernon L. Ha	2026	Hong Kong, HK
Jinfan F. Hu	2026	Darien, CT
Aaron Huang	2025	Andover, MA
Justus P. Kaufman	2024	Chicago, IL
Anna S. Ohm *	2024	Madison, WI
David M. Porto	2026	Vinhedo, SP, BR
Matthew W. Robinson	2027	Andover, MA
Yasmine Tazi *	2024	Casablanca, MA
Matthew D. Wasilewski	2024	North Reading, MA
Pok Yuen Wong	2027	Beijing, CN
Emily H. Wu	2025	Boston, MA
James R. Xiao	2025	Andover, MA

* Captain

Coaches: Ben Duclos, Sara Parker, & Thayer Zaeder

Varsity Cycling Highlights

APRIL 17, 2024

Cycling AGV at Road Course (ITT)

ROBINSON '27 AND HU '26 FINISH 2ND & 3RD IN BOYS C; ANDOVER LEADS BOYS C TEAM STANDINGS

Robinson '27 and Hu '26 finish 2nd & 3rd in Boys C; Andover leads Boys C team standings.

NE Road Cycling League

NH Motor Speedway

4/17/2024

Results

Individual Time Trial

Boys B - 5 Laps

Rank	Bib	Name	Team	Time	Points
1	72	Peterson, Hamilton	Proctor Academy	00:20:39.0	60
2	70	Gregory, Lotus	Portsmouth Cycling Club	00:21:22.6	54
3	65	Tronnes, Finn	Phillips Exeter Academy	00:21:24.4	48
4	61	Cassidy, Jack	Phillips Exeter Academy	00:21:52.8	42
5	74	Rosen, Alex	Phillips Exeter Academy	00:22:07.5	38
6	67	Reutlinger, Kiefer	Proctor Academy	00:22:08.5	34
7	71	Irwin-Pokorny, Elliot	Proctor Academy	00:22:10.8	30
8	59	Lajeunesse, Sam	Portsmouth Cycling Club	00:22:25.9	26
9	64	Porto, David	Andover	00:22:44.1	24
10	62	Ball, Jesse	Phillips Exeter Academy	00:23:15.5	22
11	69	Perkins, Bretton	Proctor Academy	00:23:45.0	20
12	63	Goswami, Rohan	Proctor Academy	00:23:56.4	18
13	68	Famiglietti, Elliot	Andover	00:24:18.2	16
14	60	Kaufman, Justus	Andover	00:25:43.4	14
DNS	66	Wasilewski, Matt	Andover		

15

APRIL 24, 2024

Cycling AGV at Road Course (ITT)

2ND GIRLS A, 1ST BOYS C, 5TH BOYS B

2nd Girls A, 1st Boys C, 5th Boys B



Varsity Cycling In The News

Andover All-Gender Cycling Comes Up Short in Opening Meet

In its season opener, Andover Cycling was defeated by Proctor Academy (Proctor), Phillips Exeter Academy (Exeter), Holderness, and Portsmouth High School this Wednesday. With numerous new members this year, the team is concentrating on teaching the basics of the sport and encouraging cohesion among the athletes. Despite the setback, they have optimism that through dedication and hard work, the team will show improvement as the season progresses.

Emily Wu '25 emphasized the team's focus on enhancing the skills of nearly half of its new members. In its first few weeks of practice, the team has covered all the basic skills, establishing a solid foundation for further development.

Wu said, "The first few weeks were just building up our aerobic base, like any other endurance sport. It was a lot of battling with harsh weather and a lot of it was cycling indoors on the trainers. This is a really new team. It's a team of twelve, seven of us were seniors who graduated, so most of this team is new. For a lot of us, it was the first time getting out on the road, getting used to clipping in."

Aaron Huang '25, a new cyclist on the team, shared his learning experiences and initial feelings as the season began. Now, having completed one meet and numerous endurance training sessions, he feels confident in his newfound skills and is eager to continue improving them.

"It was the first race of the season so I would say, as a new biker, we just started practicing the basics. Learning how to clip into the bike, riding the bike, and learning how to communicate on the road. Basically, we did a lot of long rides and had some sessions on the trainer [bikes], and that

helped us build up our endurance. We also had a time trial last week to get a sense of our times. We are going to continue to focus on building our endurance,” said Huang.

Anna Ohm '24, one of the team's two captains, provided a summary of the training regimen that has not only enhanced the abilities of each team member but has also fostered unity among them. She values the team's readiness to embrace challenges and the dedication with which they tackle every activity.

“We do a variety of endurance and high-intensity workouts. One of our favorites is hill sprints in a neighborhood a few miles from campus. This helped us tackle two very fun hills on the course. Everyone has had a great attitude and is always up for the challenge! It's been a lot of fun to get to know the new cyclists,” wrote Ohm.

Wu acknowledged the entire team's hard work, especially highlighting the contributions of Matt Robinson '27 and Frank Hu '26. Wu praised Robinson for his commendable dedication and natural ability.

“A lot of individuals stood out. This time we only had two girls racing: It was just me and Anna, the captain. Honestly, I would also say everyone because it's our first race as a team. And for a lot of people, it was their first race. Like, for example, we have two [lowerclassmen], Matt Robinson and Frank Hu who got second and third in their category in their first race. They really set a record for themselves,” said Wu.

Anticipating the upcoming weeks and races, as well as considering the season thus far, Wu feels positive about the team dynamics and the strong bonds that have been established. Through this camaraderie and mutual support, she believes the team holds significant promise for the season ahead.

Wu said, “Being on a small team means having a closer-knit team. In the span of four weeks, you get to know all of your teammates really well. The reason why I love this sport is because everyone is really inclusive and wholesome. There is a lot of dialogue with everyone and it's one of the most inclusive communities I have been [a part of] on campus, and I appreciate the fact that I got to know my teammates really well... It has been a really cute bonding experience. Lots of fun, lots of bonding, and lots of support for each other.”

Andover Cycling will race at Road Course next Wednesday.

Henry Snow

Apr 19, 2024

Pushing Through: Andover Cycling Triumphs Over Adverse Conditions

Andover Cycling pushed through wet roads and unfavorable headwinds at the New Hampshire Motor Speedway against Phillips Exeter Academy, Holderness, and Proctor Academy, making notable progress from the week prior. Andover's girls pair in category A placed second, the boys pair in category C won, and the boys pair in category B ranked fifth.

Matt Robinson '27, a member of Andover's winning category C pair who partnered with Frank Hu '26, described the severe conditions on the racing track prior to the race's start.

“Today, it was a longer course than we’ve done before. We were able to stick together really well and everyone was pretty nervous because it was raining when we got there, and rain and bikes don’t go well together. But, [everyone was] staying calm and giving their best performance... At the beginning, we were all like, ‘I don’t want it to rain and I don’t want to fall and add in that risk.’ But then, once we got there, everyone was ready to go, and the atmosphere was really cool because it was on a NASCAR track, so there’s a big stadium even though there’s not that many people,” said Robinson.

Emily Wu ’25 praised the efforts of both her Co-Captains in the race. She recognized Co-Captain Yasmine Tazi ’24 for her hard work despite recently recovering from an injury, as well as the performance of her partner and the cycling team’s other Co-Captain, Anna Ohm ’24.

“A lot of people stood out today. First, it was Yasmine, one of our team Captains’s first race this season after recovering from an injury. She did great today; everyone finished and she went out hard. My cycling partner, the other Co-Captain Anna, went out really hard and she really pushed me today on the up-hills. Also, team time trials are in pairs and one of our pairs, Matt and Frank Hu, who are both new to cycling, they got on the podium and got first place, and girls also got on podium,” said Wu.

The team’s Co-Captain, Tazi, highlighted the team’s preparation for the race, specifically their focus on a cycling technique called drafting.

“For this specific race, we really worked on drafting. Drafting is a technique in cycling where a rider ‘sits’ on the wheel of the front rider and that helps them put in less effort than they would if they were the front rider. So, the more people you are drafting, the less effort you have to put in. We worked on drafting each other... That’s really what we worked on on Monday. Tuesday was a recovery ride and on Wednesday, that translated into the team time trial” said Tazi.

Tazi also expressed her gratitude towards the coaches for their support and influence on the team. She believed that without their guidance, the new team, which includes many novices this year, would not have been able to achieve the same results.

“Finally I would also shout out our coaches: Coach [Benjamin] Duclos and Coach [Samuel] Zaeder. They’re always extremely supportive, they’re reassuring, and they really help us move forward as a team. Also, Coach [Sara] Parker, who wasn’t able to come, but she’s always wonderful asking about our day and supporting us throughout training,” said Tazi.

Wu praised the team’s major development since the beginning of the season as well as their performance in the race given the short window of preparation with their partners, and seeks to only improve from this race.

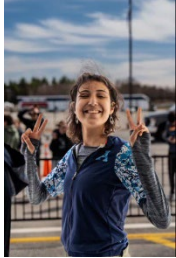
“I would say our biggest weakness is the lack of experience but I’m already seeing really impressive improvement from everyone on our team, especially new members of the team. We are seeing steady rides and group efforts that are orchestrated within two days because bikers need to get used to each other on team time trials, and this is our third day riding together as pairs. Within a short amount of time, we have already gotten really far from starting from point zero,” said Wu.

Andover’s next race will take place this upcoming week on Wednesday.

Ethan Ly

Apr 26, 2024

Cycling Co-Captain Yasmine Tazi '24: "The Heart of the Team"



Yasmine Tazi '24, Co-Captain of the All-Gender Cycling team, aims to cultivate a tight-knit community of cyclists by acting as a supportive leader and holding herself to a high standard. Tazi, who began cycling competitively her lower year at Andover, praised the connection of adventuring and team-bonding found in the sport.

"[I]here's an aspect related to the sport and an aspect related to the team. I think the sport in itself is very special. When you're on a bike, you're going on an adventure.

You go, and you explore. It's a whole sort of experience: you feel the wind, you go really fast, and it's really cool. But, I think it's also an aspect of the community because it's such a small team and it's co-ed[ucation]. You really have to trust [your teammates]... We're always a very tight-knit team, and I think I've made very close friendships through it," said Tazi.

Her teammate, Emily Wu '25, noted Tazi's efforts in overcoming a recent injury and praised her resilience. Despite her struggles, Tazi does everything she can to continue supporting the team as she works towards finding her way back onto the bike.

"I can actually think of an anecdote where she was injured for most of this year for some parts of fall during cross country season and during Winter Term. I know she faced a lot of challenges because of her injuries, and she is just getting back into the groove of the training load of cycling. Even if she is put in a rough place because of her injury, she's doing everything that she can to get back onto her feet and compete. She has tried and is still trying everyday to get back in shape and be there for the team," said Wu.

Despite the individuality of the sport, Tazi emphasized the importance of developing the cycling team as a source of support. During her captaincy, she has focused her efforts on building upon that camaraderie.

"There's a part of this sport that's more individual, that's more linked to pushing your own boundaries, pushing yourself to your limits, giving it the best that you have, and that's a very important skill to have in life in general. There's also an aspect that is the fact that you're not doing this alone, you're with other people. You're being a source of support and being supported by those people, and that's a very special thing to have. I think that my work ethic is centered around team-building and fostering community," said Tazi.

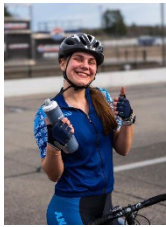
New cyclist Aaron Huang '25 praised Tazi's supportive qualities and the impact her work has on the team. He highlighted her attentiveness towards noticing individual details and helping set the tone "She definitely is always there to support me. I do think a lot of the introductory work to the bike was done mostly by the coaches, but in the beginning workouts, she definitely was very supportive in those by motivating us with positive words. She also sometimes chooses the music for our indoor training sessions, or on our way to drive to races; that's another way she expresses herself to the team," said Huang.

Wu also highlighted Tazi's efforts in ensuring that the cycling team stays both a tight-knit and is a person who embraces new and returning riders.

"There's a saying that the captain is the heart of the team because we're counting on them to set an example for how we behave towards or how we act in front of one another and just leading by example. Yasmine does a great job at that. What I love about having her as a captain is that she is one of the most welcoming people that I've met and she makes the team feel really tight-knit and close to each other. I'm really grateful that she essentially created it," said Wu.

Ethan Ly
Apr 26, 2024

Co-Captain Anna Ohm '24's Cycling Journey: Inspiring a Collective Effort



Attending school away from home presents its own set of challenges, including rigorous academics and sports commitments. Co-Captain Anna Ohm '24 has managed to create a sense of home on the cycling trails as the team captain.

Utilizing her leadership abilities and passion for nature, along with her supportive and engaging demeanor, she inspires her team to excel and provides a stabilizing presence for everyone. Ohm found her passion for cycling through her love of adventure and

the outdoors, as well as the people she feels at home and connected with.

"One of my favorite parts of cycling is that we get [to] ride many miles off campus and I get to see the surrounding area. No matter what is happening in my life, it has always been helpful to ground myself in the geography surrounding me, especially since I'm not from the Northeast. But, my favorite part has to be the team. We attract students and coaches who are supportive, energetic, and hilarious," said Ohm.

Matthew Wasilewski '24 described some of his favorite moments with Ohm on the sidelines and bus rides. Her joyful and motivational attitude makes her fun to be around.

"Some of my favorite moments with Anna occur when we're on the sidelines during a race cheering our teammates on. It's also great to be able to spend the car ride to and from the races going to play some of our favorite music and getting in the mindset for competition," said Wasilewski.

Wasilewski also described Ohm's positive mindset towards others on the team, along with setting an example of how to apply such a mindset. Encouraging each member to give their maximum effort has been crucial in starting the season on a positive note.

"Anna always has a positive mindset and makes sure to keep the team focused on the goals that we are striving towards... Anna sets the bar for the team by always pushing herself during our workouts and motivating everyone to give their all," said Wasilewski.

Ohm credited her success in leading the team to a quote from last year's captain that has deeply influenced her. She is dedicated to imparting this same wisdom to all new team members.

"My captain, Amelia Vinton [23], last year said to me, 'All we can ask is that you give whatever you have to give each day.' That line really changed how I viewed sports. I try to live by that and

encourage others to. It holds us to a standard, while still understanding that life happens and not every day will be perfect,” said Ohm.

Wasilewski noted that Anna’s dedication to nurturing a supportive team environment enables members to remain focused on their goals and perform well in different races.

“Anna creates a beneficial team community by making sure that everyone stays focused on the goals at hand and making sure that all riders can excel in races, especially when the course is uphill both ways,” Wasilewski said.

Ohm emphasized her aim to create a balanced and constructive environment for her cyclists, prioritizing positivity and mutual reliance among the team members. She believes that a strong sense of community is key to their collective success.

“When you check in with your teammates and let them know that you care about them both in the sport and outside of it, it changes the team dynamic. They are more willing to put in an effort out of a motivation to do their best. I think it helps take the pressure off of our riders, especially younger riders who might be racing for the first time,” said Ohm.

According to Ohm, cycling has given her a lifelong love of the outdoors. She hopes to continue her racing throughout the next stages of her life.

“I would like to continue to race after graduation. Not exactly sure what that will look like yet. I am super grateful to the cycling program for introducing me to the sport and encouraging a lifelong love of cycling. Go Big Blue,” said Ohm.

Madeleine Lehman

Alastriona O’Donnell

Apr 26, 2024

Varsity Cycling 2024

Coach: Thayer Zaeder

Assistant Coaches: Ben Duclos & Sara Parker

Captains: Anna Ohm & Yasmine Tazi

Letter Winners: Justus P. Kaufman, Anna S. Ohm, Yasmine Tazi, Matthew D. Wasilewski, & Emily H. Wu

Award Winner: MVP- Anna S. Ohm

Varsity Cycling 2024 Schedule

Wed	04/17/2024	All-Gender Cycling	Team Time	A	3:30 PM	at Loudon			
Wed	04/24/2024	All-Gender Cycling	Individual Time Trial and Madison	A	3:30 PM	at Loudon			
Wed	05/01/2024	All-Gender Cycling	Individual Time Trial and Madison	A	3:30 PM	at Loudon			
Wed	05/08/2024	All-Gender Cycling	Circuit Race	A	3:30 PM	at Loudon			
Wed	05/15/2024	All-Gender Cycling	Circuit Race	A	3:30 PM	at Loudon			



Phillips Academy Cycling 2024 Roster

<u>Name</u>	<u>Yr.</u>	<u>Hometown</u>
Elliot M. Famiglietti	2025	Andover, MA
Vernon L. Ha	2026	Hong Kong, HK
Jinfan F. Hu	2026	Darien, CT
Aaron Huang	2025	Andover, MA
Justus P. Kaufman	2024	Chicago, IL
Anna S. Ohm *	2024	Madison, WI
David M. Porto	2026	Vinhedo, SP, BR
Matthew W. Robinson	2027	Andover, MA
Yasmine Tazi *	2024	Casablanca, MA
Matthew D. Wasilewski	2024	North Reading, MA
Pok Yuen Wong	2027	Beijing, CN
Emily H. Wu	2025	Boston, MA
James R. Xiao	2025	Andover, MA

* Captain

Coaches: Ben Duclos, Sara Parker, & Thayer Zaeder

Varsity Cycling Highlights

APRIL 17, 2024

Cycling AGV at Road Course (ITT)

ROBINSON '27 AND HU '26 FINISH 2ND & 3RD IN BOYS C; ANDOVER LEADS BOYS C TEAM STANDINGS

Robinson '27 and Hu '26 finish 2nd & 3rd in Boys C; Andover leads Boys C team standings.

NE Road Cycling League

NH Motor Speedway

4/17/2024

Results

Individual Time Trial

Boys B - 5 Laps

Rank	Bib	Name	Team	Time	Points
1	72	Peterson, Hamilton	Proctor Academy	00:20:39.0	60
2	70	Gregory, Lotus	Portsmouth Cycling Club	00:21:22.6	54
3	65	Tronnes, Finn	Phillips Exeter Academy	00:21:24.4	48
4	61	Cassidy, Jack	Phillips Exeter Academy	00:21:52.8	42
5	74	Rosen, Alex	Phillips Exeter Academy	00:22:07.5	38
6	67	Reutlinger, Kiefer	Proctor Academy	00:22:08.5	34
7	71	Irwin-Pokorny, Elliot	Proctor Academy	00:22:10.8	30
8	59	Lajeunesse, Sam	Portsmouth Cycling Club	00:22:25.9	26
9	64	Porto, David	Andover	00:22:44.1	24
10	62	Ball, Jesse	Phillips Exeter Academy	00:23:15.5	22
11	69	Perkins, Bretton	Proctor Academy	00:23:45.0	20
12	63	Goswami, Rohan	Proctor Academy	00:23:56.4	18
13	68	Famiglietti, Elliot	Andover	00:24:18.2	16
14	60	Kaufman, Justus	Andover	00:25:43.4	14
DNS	66	Wasilewski, Matt	Andover		

15

APRIL 24, 2024

Cycling AGV at Road Course (ITT)

2ND GIRLS A, 1ST BOYS C, 5TH BOYS B

2nd Girls A, 1st Boys C, 5th Boys B



Varsity Cycling In The News

Andover All-Gender Cycling Comes Up Short in Opening Meet

In its season opener, Andover Cycling was defeated by Proctor Academy (Proctor), Phillips Exeter Academy (Exeter), Holderness, and Portsmouth High School this Wednesday. With numerous new members this year, the team is concentrating on teaching the basics of the sport and encouraging cohesion among the athletes. Despite the setback, they have optimism that through dedication and hard work, the team will show improvement as the season progresses.

Emily Wu '25 emphasized the team's focus on enhancing the skills of nearly half of its new members. In its first few weeks of practice, the team has covered all the basic skills, establishing a solid foundation for further development.

Wu said, "The first few weeks were just building up our aerobic base, like any other endurance sport. It was a lot of battling with harsh weather and a lot of it was cycling indoors on the trainers. This is a really new team. It's a team of twelve, seven of us were seniors who graduated, so most of this team is new. For a lot of us, it was the first time getting out on the road, getting used to clipping in."

Aaron Huang '25, a new cyclist on the team, shared his learning experiences and initial feelings as the season began. Now, having completed one meet and numerous endurance training sessions, he feels confident in his newfound skills and is eager to continue improving them.

"It was the first race of the season so I would say, as a new biker, we just started practicing the basics. Learning how to clip into the bike, riding the bike, and learning how to communicate on the road. Basically, we did a lot of long rides and had some sessions on the trainer [bikes], and that helped us build up our endurance. We also had a time trial last week to get a sense of our times. We are going to continue to focus on building our endurance," said Huang.

Anna Ohm '24, one of the team's two captains, provided a summary of the training regimen that has not only enhanced the abilities of each team member but has also fostered unity among them. She values the team's readiness to embrace challenges and the dedication with which they tackle every activity.

“We do a variety of endurance and high-intensity workouts. One of our favorites is hill sprints in a neighborhood a few miles from campus. This helped us tackle two very fun hills on the course. Everyone has had a great attitude and is always up for the challenge! It’s been a lot of fun to get to know the new cyclists,” wrote Ohm.

Wu acknowledged the entire team’s hard work, especially highlighting the contributions of Matt Robinson ’27 and Frank Hu ’26. Wu praised Robinson for his commendable dedication and natural ability.

“A lot of individuals stood out. This time we only had two girls racing: It was just me and Anna, the captain. Honestly, I would also say everyone because it’s our first race as a team. And for a lot of people, it was their first race. Like, for example, we have two [lowerclassmen], Matt Robinson and Frank Hu who got second and third in their category in their first race. They really set a record for themselves,” said Wu.

Anticipating the upcoming weeks and races, as well as considering the season thus far, Wu feels positive about the team dynamics and the strong bonds that have been established. Through this camaraderie and mutual support, she believes the team holds significant promise for the season ahead.

Wu said, “Being on a small team means having a closer-knit team. In the span of four weeks, you get to know all of your teammates really well. The reason why I love this sport is because everyone is really inclusive and wholesome. There is a lot of dialogue with everyone and it’s one of the most inclusive communities I have been [a part of] on campus, and I appreciate the fact that I got to know my teammates really well... It has been a really cute bonding experience. Lots of fun, lots of bonding, and lots of support for each other.”

Andover Cycling will race at Road Course next Wednesday.

Henry Snow

Apr 19, 2024

Pushing Through: Andover Cycling Triumphs Over Adverse Conditions

Andover Cycling pushed through wet roads and unfavorable headwinds at the New Hampshire Motor Speedway against Phillips Exeter Academy, Holderness, and Proctor Academy, making notable progress from the week prior. Andover’s girls pair in category A placed second, the boys pair in category C won, and the boys pair in category B ranked fifth.

Matt Robinson ’27, a member of Andover’s winning category C pair who partnered with Frank Hu ’26, described the severe conditions on the racing track prior to the race’s start.

“Today, it was a longer course than we’ve done before. We were able to stick together really well and everyone was pretty nervous because it was raining when we got there, and rain and bikes don’t go well together. But, [everyone was] staying calm and giving their best performance... At the beginning, we were all like, ‘I don’t want it to rain and I don’t want to fall and add in that risk.’ But then, once we got there, everyone was ready to go, and the atmosphere was really cool because it was on a NASCAR track, so there’s a big stadium even though there’s not that many people,” said Robinson.

Emily Wu ’25 praised the efforts of both her Co-Captains in the race. She recognized Co-Captain Yasmine Tazi ’24 for her hard work despite recently recovering from an injury, as well as the performance of her partner and the cycling team’s other Co-Captain, Anna Ohm ’24.

“A lot of people stood out today. First, it was Yasmine, one of our team Captains’s first race this season after recovering from an injury. She did great today; everyone finished and she went out hard. My cycling partner, the other Co-Captain Anna, went out really hard and she really pushed me today on the up-hills. Also, team time trials are in pairs and one of our pairs, Matt and Frank Hu, who are both new to cycling, they got on the podium and got first place, and girls also got on podium,” said Wu.

The team's Co-Captain, Tazi, highlighted the team's preparation for the race, specifically their focus on a cycling technique called drafting.

"For this specific race, we really worked on drafting. Drafting is a technique in cycling where a rider 'sits' on the wheel of the front rider and that helps them put in less effort than they would if they were the front rider. So, the more people you are drafting, the less effort you have to put in. We worked on drafting each other... That's really what we worked on on Monday. Tuesday was a recovery ride and on Wednesday, that translated into the team time trial" said Tazi.

Tazi also expressed her gratitude towards the coaches for their support and influence on the team. She believed that without their guidance, the new team, which includes many novices this year, would not have been able to achieve the same results.

"Finally I would also shout out our coaches: Coach [Benjamin] Duclos and Coach [Samuel] Zaeder. They're always extremely supportive, they're reassuring, and they really help us move forward as a team. Also, Coach [Sara] Parker, who wasn't able to come, but she's always wonderful asking about our day and supporting us throughout training," said Tazi.

Wu praised the team's major development since the beginning of the season as well as their performance in the race given the short window of preparation with their partners, and seeks to only improve from this race.

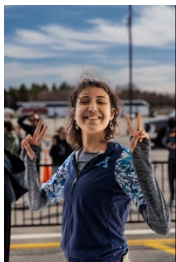
"I would say our biggest weakness is the lack of experience but I'm already seeing really impressive improvement from everyone on our team, especially new members of the team. We are seeing steady rides and group efforts that are orchestrated within two days because bikers need to get used to each other on team time trials, and this is our third day riding together as pairs. Within a short amount of time, we have already gotten really far from starting from point zero," said Wu.

Andover's next race will take place this upcoming week on Wednesday.

Ethan Ly

Apr 26, 2024

Cycling Co-Captain Yasmine Tazi '24: "The Heart of the Team"



Yasmine Tazi '24, Co-Captain of the All-Gender Cycling team, aims to cultivate a tight-knit community of cyclists by acting as a supportive leader and holding herself to a high standard. Tazi, who began cycling competitively her lower year at Andover, praised the connection of adventuring and team-bonding found in the sport.

"[T]here's an aspect related to the sport and an aspect related to the team. I think the sport in itself is very special. When you're on a bike, you're going on an adventure. You go, and you explore. It's a whole sort of experience: you feel the wind, you go really fast, and it's really cool. But, I think it's also an aspect of the community because it's such a small team and it's co-ed[ucation]. You really have to trust [your teammates]... We're always a very tight-knit team, and I think I've made very close friendships through it," said Tazi.

Her teammate, Emily Wu '25, noted Tazi's efforts in overcoming a recent injury and praised her resilience. Despite her struggles, Tazi does everything she can to continue supporting the team as she works towards finding her way back onto the bike.

"I can actually think of an anecdote where she was injured for most of this year for some parts of fall during cross country season and during Winter Term. I know she faced a lot of challenges because of her injuries, and she is just getting back into the groove of the training load of cycling. Even if she is put in a rough place because of her injury, she's doing everything that she can to get back onto her feet and compete. She has tried and is still trying everyday to get back in shape and be there for the team," said Wu.

Despite the individuality of the sport, Tazi emphasized the importance of developing the cycling team as a source of support. During her captaincy, she has focused her efforts on building upon that camaraderie.

"There's a part of this sport that's more individual, that's more linked to pushing your own boundaries, pushing yourself to your limits, giving it the best that you have, and that's a very important skill to have in life in general. There's also an aspect that is the fact that you're not doing this alone, you're with other people. You're being a source of support and being supported by those people, and that's a very special thing to have. I think that my work ethic is centered around team-building and fostering community," said Tazi.

New cyclist Aaron Huang '25 praised Tazi's supportive qualities and the impact her work has on the team. He highlighted her attentiveness towards noticing individual details and helping set the tone

"She definitely is always there to support me. I do think a lot of the introductory work to the bike was done mostly by the coaches, but in the beginning workouts, she definitely was very supportive in those by motivating us with positive words. She also sometimes chooses the music for our indoor training sessions, or on our way to drive to races; that's another way she expresses herself to the team," said Huang.

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Ethan Ly

Apr 26, 2024

Co-Captain Anna Ohm '24's Cycling Journey: Inspiring a Collective Effort



Attending school away from home presents its own set of challenges, including rigorous academics and sports commitments. Co-Captain Anna Ohm '24 has managed to create a sense of home on the cycling trails as the team captain.

Utilizing her leadership abilities and passion for nature, along with her supportive and engaging demeanor, she inspires her team to excel and provides a stabilizing presence for everyone. Ohm found her passion for cycling through her love of adventure and the outdoors, as well as the people she feels at home and connected with.

"One of my favorite parts of cycling is that we get [to] ride many miles off campus and I get to see the surrounding area. No matter what is happening in my life, it has always been helpful to ground myself in the geography surrounding me, especially since I'm not from the Northeast. But, my favorite part has to be the team. We attract students and coaches who are supportive, energetic, and hilarious," said Ohm.

Matthew Wasilewski '24 described some of his favorite moments with Ohm on the sidelines and bus rides. Her joyful and motivational attitude makes her fun to be around.

“Some of my favorite moments with Anna occur when we’re on the sidelines during a race cheering our teammates on. It’s also great to be able to spend the car ride to and from the races going to play some of our favorite music and getting in the mindset for competition,” said Wasilewski.

Wasilewski also described Ohm’s positive mindset towards others on the team, along with setting an example of how to apply such a mindset. Encouraging each member to give their maximum effort has been crucial in starting the season on a positive note.

“Anna always has a positive mindset and makes sure to keep the team focused on the goals that we are striving towards... Anna sets the bar for the team by always pushing herself during our workouts and motivating everyone to give their all,” said Wasilewski.

Ohm credited her success in leading the team to a quote from last year’s captain that has deeply influenced her. She is dedicated to imparting this same wisdom to all new team members.

“My captain, Amelia Vinton [’23], last year said to me, ‘All we can ask is that you give whatever you have to give each day.’ That line really changed how I viewed sports. I try to live by that and encourage others to. It holds us to a standard, while still understanding that life happens and not every day will be perfect,” said Ohm.

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Ohm emphasized her aim to create a balanced and constructive environment for her cyclists, prioritizing positivity and mutual reliance among the team members. She believes that a strong sense of community is key to their collective success.

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According to Ohm, cycling has given her a lifelong love of the outdoors. She hopes to continue her racing throughout the next stages of her life.

“I would like to continue to race after graduation. Not exactly sure what that will look like yet. I am super grateful to the cycling program for introducing me to the sport and encouraging a lifelong love of cycling. Go Big Blue,” said Ohm.

Madeleine Lehman

Alastriona O'Donnell

Apr 26, 2024

Varsity Golf

2024

Coach: Brian Faulk

Assistant Coach: Chris Odden, Caroline Odden, Tedd Parker

Captain: Heyon Choi & Logan Eskildsen

Managers:

Overall Season Record

Win	Loss	Tie
7	2	0

Letter Winners: Isabella E. An, Joshua H. Chang, Heyon Choi, Evan J. DeMayo, Logan Eskildsen, Lucas C. Lee, Zixuan Liu, Jack M. McVeigh, Sebastian E. Montemayor, Sean Niu, Kevin S. Zheng, & Abigail Zhu

Award Winner: Kazickas Golf Trophy – Abigail Zhu

Varsity Golf

2024 Schedule and Results

Sat	03/30/2024	All-Gender Golf V	N.M.H.	H	2:00 PM	9.5 -2.5	W	
Wed	04/10/2024	All-Gender Golf V	Exeter	H	2:30 PM	2.5-1.5	W	
Wed	04/17/2024	All-Gender Golf V	Holderness	H	3:00 PM	9-1	W	
Wed	04/24/2024	All-Gender Golf V	Proctor	A	3:15 PM	9-0	W	
Sat	04/27/2024	All-Gender Golf V	Andover Invitational	A	12:00 PM	4th		
Thu	05/02/2024	All-Gender Golf V	Brooks	H	4:15 PM	7.5-.5	W	
Fri	05/03/2024	All-Gender Golf V	Dexter Southfield School	H	4:15 PM	7.5-4.5	W	
Sat	05/04/2024	All-Gender Golf V	Deerfield	A	3:45 PM	485-454		L
Sat	05/11/2024	All-Gender Golf V	III Golf Tournament	A	10:30 AM			
Sun	05/12/2024	All-Gender Golf V	III Golf Tournament	A	1:30 PM	10th/24		
Mon	05/13/2024	Golf GV	GIRLS' GOLF TOURN	A	8:30 AM			
Wed	05/15/2024	All-Gender Golf V	Exeter	H	3:15 PM	2.5-5.5		L
Sat	05/18/2024	All-Gender Golf V	Exeter	A	2:30 PM	5-3	W	
Wed	05/22/2024	All-Gender Golf V	KO Tournament	A	10:00 AM	3rd/27		



Phillips Academy Golf 2024

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
Isabella E. An	2024	North Andover, MA
Joshua H. Chang	2027	Auburn, AL
Heyon Choi *	2025	Seoul, KR
Evan J. DeMayo	2026	Concord, MA
Logan Eskildsen *	2024	West Simsbury, CT
Xi Qiao Hu	2024	Vancouver, BC
Lucas C. Lee	2025	Los Altos, CA
Mathew Liu	2027	Singapore, SG
Zixuan Liu	2027	North York, ON
Makoto Matsuzawa	2027	Hong Kong, HK
Jack M. McVeigh	2025	Holderness, NH
Sebastian E. Montemayor	2027	Garza Garcia, MX
Sean Niu	2025	Newport Beach, CA
Kevin S. Zheng	2026	Warren, NJ
Abigail Zhu	2026	Andover, MA

*Captain

Head Coach: Brian Faulk

Assistant Coaches: Chris Odden, Caroline Odden, Tedd Parker

Varsity Golf

In the News

Andover Golf Triumphs Despite New Format and Poor Weather Conditions



Wednesday 4/10 – Andover: 2.5 , Exeter: 1.5

On Wednesday, Golf (2-0) played against Phillips Exeter Academy (Exeter) and took home a win. The format was atypical, as players partnered up and played for points in respective categories. The categories experimented with were the “best ball,” “scramble,” and

“alternate shot.” In the week leading up to the match, the team had to adapt to some unfortunate weather conditions.

Kevin Zheng '26 highlighted how, due to unstable weather, the team wasn't able to practice outside often as they prepared for the matches on Wednesday. The team was able to shift towards a golf simulator; however, their time on it was limited. While being adaptive, the team made the most of the situation and worked on its short game.

“[The] unpredictable New England weather has halted us [from being] able to play in the field. The weather this past week for the rest of week interrupts our practice once more, while our team is eager to practice, we only have 30-minute slots in the simulator. We all [have] been working on our short-game and our tempo which have greatly improved our consistency,” said Zheng.

Evan DeMayo '26 highlighted Lucas Lee '25 and Zheng as they implemented some crucial shots that heavily influenced the score of the game.



“Lucas Lee made some lengthy putts to keep his team in contention. Kevin Zheng made a great par save on the eighth to go one up — I, playing alongside Kevin, parred the ninth to make us finish two up, lending Andover the deciding point.”

According to Zheng, Co-Captains Heyon Choi '24 and Logan Eskildsen '24 have created a major impact on the team dynamic,

working diligently to bring everyone together for the love of the sport and the school. Zheng said, “Heyon and Logan have truly stood out, not just as co-captains but also as golfers. This season, they are leading the charge in fostering team spirits. For instance, they have been actively organizing group practice before the season starts. Our team has set up a group chat to ensure everyone's voice is heard... These may seem like small gestures, but they carry significant meaning and remind us that we are united in representing our Big Blue spirit.”

Zheng noted the high standard that Head Coach Brian Faulk '00 holds the players to. Zheng shared that this standard motivates the players to perform well and remain undefeated.

Looking ahead, the team is hopeful that weather and course conditions will improve.

“We have clinched our second win of the season and are undefeated. The competition in the field remains fierce, and we are eager to keep honing in [on] our skills. Coach Faulk holds [a] high bar for himself and our team. Here is to hoping for warmer weather and better course conditions soon, so we can all go out practice and compete to the fullest.”

Golf looks forward to hosting Holderness at home on Saturday.

Tara Menon
Apr 11, 2024

Golf Takes Resounding Win at Home in Clean Victory over Holderness

Andover Golf triumphed over Holderness on Wednesday at home in a dominant win. Despite the team's inability to practice on the course due to bad weather in recent weeks, Andover took advantage of its indoor practice time to handle Holderness with poise and ease.

Head Coach Brian Faulk '00 noted that a strength of the team against Holderness was the admirable rhythm of the players and their resounding success in earning pars.

Faulk said, "One of the most important things, especially early in the season, is to keep the ball in play and make pars [because] generally pars win... At least [in] the matches that I followed, it seemed like the players did a really good job keeping the ball in play and then earning pars."

Sebastian Montemayor '27 credited Jack McVeigh '25 for his impressive match against Holderness. McVeigh played with composure and took on the role of captainship in the absence of the usual Co-Captains.

"Jack McVeigh won his match beautifully and played phenomenal golf, he dominated his opponent. He absolutely showed no mercy and played like a true veteran on the team. Being an Upper, he was the captain because both our captains went to Tabor [Academy]. So he was our Captain for Varsity. He stood up and took the role of being a captain on the team. This game was also a pretty big game for him because his dad works at Holderness," said Montemayor.

Despite the poor weather making on-course training difficult, the team did not let that deter its practice, instead taking advantage of the simulator and other means to prepare for its matches. Seeing the outcome of recent games, Faulk expressed his excitement for the rest of the season.

"We have an extremely strong team this year and I think everyone pushes one another in practice, which is always something you want to do. I think if you practice well, you play well. Unfortunately, we haven't been able to play a lot. With the snow and the rain and the weather. [But] I've been really impressed with the way this group has come together to kind of overcome these challenges," said Faulk.

To prepare for matches, Coach Faulk provided each player with a yardage book that detailed complexes for every hole on the golf course and other essential knowledge. Sean Niu '25 noted how the resource deepened his understanding of the course, which was crucial since this was the team's first match playing on the back nine holes.

"We played the back nine for the first time today, but our coach did give us these really good yardage books, and I really think that the yardage books really contributed to our success, and added to our knowledge of the course. Especially because we haven't been able to get on it much with the weather," said Niu.

In the upcoming days, Faulk noted that the team will switch its focus from match play to medal play, which assesses a player's skills and accounts for the total number of strokes a player takes to complete a round. The team will also concentrate on technique and skill for the Andover Invitational.

"So the next match we have is against Proctor [Academy] next Wednesday, but then we play at Newport Country Club, which is always one of the biggest events of the season for us.

And then we have our match against Deerfield, which is always very tough. The Andover Invitational is a medal play event. We've played a lot of match play, so I think one of the things that we need to work on over the next week or so is minimizing mistakes and focusing more on medal [play] rather than match play," said Faulk.

Andover Golf will take on Proctor on Wednesday and compete in the Andover Invitational on Saturday.

Alexander Dimnaku

Apr 19, 2024

Co-Captain Logan Eskildsen '24 Leads with Composure and Reflects Golf Etiquette



When Logan Eskildsen '24 began playing golf, it was only natural. Taking after his father, who nearly became a pro-golfer, Eskildsen's love for golf was at first swing, watching as the golf ball rocketed away. As a Co-Captain of the Golf Team, Eskildsen aspires to instill a sense of community and serve as a role model on the team.

"I strive to lead in a manner that unifies our team under camaraderie and the core value of respect. I actively try to initiate conversations with teammates who do not know each other too well during practice or on

the rally wagon ride back to campus. On the course, I try to lead by example in both golf and match etiquette," said Eskildsen.

While the team values are prominent to every player, Eskildsen further embodies them as a co-captain. Whether it be small gestures or large, Eskildsen instills within Andover's Golf Team the importance of maintaining key values such as respect.

"Our team values center around respect and courtesy. We treat the paying members at our home course with the utmost respect, we shake the hands of every team we play, and we always aim to leave the course in a condition better than we found it. As one of the two Co-Captains, I shake the hand of the opposing coach and thank them for a great match," said Eskildsen.

Eskildsen prides himself on his composure and ability to stay positive when being challenged during harder matches. However, his main goals for the season are to overcome mental obstacles which oftentimes manifest themselves in minor mistakes.

"I would say my biggest strength is my attitude. Oftentimes, it's tough to keep your mind cool during a match, but I repeat to myself a series of thoughts that keep me focused on winning the next hole. My biggest weakness, however, is my ability to maintain focus when I am not playing a match. I let a lot of easy missed shots build up, which has cost me a few shots where I face the same situation in a match," said Eskildsen.

Describing himself as a "play fast, hit it far" player, Eskildsen admitted to the duality of his character and play style as a golfer in comparison to his personality.

"As a player, I live by the motto 'play fast, hit it far.' I am a player with a quick and aggressive swing tempo, and I think that reflects in my play style. I am quite the opposite as a person because I think I am more introverted and reserved by nature," said Eskildsen.

Eskildsen noted that the Andover Golf has helped him pursue his collegiate golf goals. Although not officially committed, he hopes to use his experiences to become a part of the team. Whatever the outcome in college, Eskildsen foresees golf as a skill that will come in handy long into the future.

“If I cannot walk on to my college team, I think I’ll end up playing a round on business every now and then. My experience on the Andover golf team will definitely help in those high-pressure matches,” said Eskildsen.

Madeleine Lehman
Alastriona O’Donnell
Apr 19, 2024

Golf Co-Captain Heyon Choi ’25 Helps Her Teammates Master the Mental Game of Golf



In a sport that demands so much mental strength from its players to perform at the highest possible level, Golf Co-Captain Heyon Choi helps her teammates stay positive and focused during matches. By keeping team spirits high and embodying a role model persona, Choi allows her fellow players to unlock their full potential.

Choi shared that while the mental aspect of golf is one of the most challenging parts, it is also one of the most important parts to her. The mental strength, clarity and focus required to play golf are not only limited to the sport, but essential and applicable to other aspects of her life as well.

“[In golf,] you have to be consistently good and keep your cool from hole one till you finish hole eighteen... I really enjoy the mental aspect and I find a lot of the time that endurance and maybe the concentration that I’ve been able to build up through golf, I can channel into other things that I’m doing,” said Choi.

Sebastian Montemayor ’27 also highlighted the mental aspect of golf, sharing his admiration for how Choi uplifts the entire team with her optimism and lively energy.

“She brings positivity to the team when we need it right before a match. We need her energy to beat our opponents, and she brings that to the table and that makes her a good captain. Heyon’s attitude rubs off on everybody else. If you’re in a bad mood, or you’re having a bad day, she’ll definitely cheer you up. She’s that type of person who can emotionally support you throughout the whole match. With golf being a very mental sport and her being able to uplift the team’s mental state, she helps us win matches,” said Montemayor.

Choi discussed how she has modeled her leadership after a past captain of the team, Trey Wolfe ’23. She uses the phrase “positive mindset attitude” to encourage her teammates and remind them of what they are capable of.

Choi said, “I actually look up to our past captain, Trey Wolfe. He was in the class of ’23, and he always had this thing, it was called a ‘positive mindset attitude.’ And whenever you’re playing with him and you seem a little down and you’re like, ‘Oh, I just can’t do this,’ he looks at you and he’s like, ‘Positive mindset attitude.’ And as a captain, I’ve tried to carry that along. It’s obvious that you have to stay neutral and not be too sad when you’re playing a round of golf, and keep yourself, and keep your composure. I’ve tried to do that whenever I see someone, maybe a little upset in their round of golf. [I] just try to pat them on the shoulder and be like, ‘You know what, we have a couple holes to go. It’s totally fine, and you’re doing your best, so just bring out what you’ve been practicing on the range and your other practice rounds and see the best you can do.’”

Sean Niu ’25 emphasized Choi’s abilities on the golf green, but also off, serving as a mentor for the team. He emphasized the effectiveness of Choi’s pre-match motivational speeches.

“Outside of golf matches, I would say Heyon is definitely a really good role model. She’s a really nice person, and she makes an effort to get to know everybody and have them get excited about Andover golf, even if they don’t play. Before a match she will give us words of encouragement and pep talks so we are as ready as we can be before a game,” said Niu. Though she does not intend on playing golf competitively in college, Choi remains assured that the sport will stay a significant aspect of her life for the foreseeable future. She mentioned the uniqueness of it, noting that golf is something that she can play all throughout her life, even as a hobby.

“Starting off, golf was pretty challenging because you really need to build up your mental strength and keep yourself going on the course because sometimes you feel hopeless and you need to go. But, I’m at the point where I’ve found how to get back to my enjoyment. And I genuinely love playing golf so much... I’m really passionate about golf, and I definitely will continue playing. I don’t really have specific plans to pursue it competitively in college, but I think it will be a pretty important part of my life, like a lifelong hobby. Golf is one of those sports that you play until you die, so that’s one of the reasons why I’m so glad I started earlier than maybe other people. It offers both challenge and relaxation, so I definitely see myself playing golf for a long, long time,” said Choi.

Alexander Dimnaku
Apr 19, 2024

All-Gender Golf Remains Undefeated

Andover: 9 Proctor: 0

Golf had a shutout against Proctor Academy (Proctor) on Wednesday, securing its sixth consecutive win of the season.

The team’s impressive streak this year is the result of a myriad of factors. According to Kevin Zheng ’26, intentional practice, collective ambition, and the expertise of Head Coach Brian Faulk ’00 have all contributed to the team’s confidence and energy.

In an email to The Phillipian, Zheng wrote, “Our team is stronger than ever this year... Everyone is eager to contribute and we have a talented group of committed golfers which push each other to excel. Coach Faulk being a highly skilled golfer, guides us technically and strategically. Our winning streak boosts our confidence going into matches. Strong mentality and strategic course management play a crucial role in the game of golf. With the high team spirit, I look forward to our winning streak continuing.”

Through strong team bonds and mutual encouragement, Andover has found success on the course. Sean Niu ’25 credited the team’s current undefeated record to the warm camaraderie between players.

Niu said, “I think with our team chemistry, everyone really played well. Since it’s an individual sport, it’s really nice having some aspect of teamwork going on. It’s mainly just the benefit of teamwork for us and our team really clicks well and I think that’s really beneficial. It’s been helping us to continue to have success.”

With the classic Donald Ross-designed course of the Lake Sunapee Country Club presenting unique challenges, Niu highlighted Evan DeMayo ’26 and Zheng for their well-played matches.

Niu said, “Someone I feel like that stood out was Evan DeMayo and Kevin Zheng. I think they played the five and the six. They stood out pretty well and held their ground and scored some really important points for the team.”

Looking ahead, the team hopes to continue improving its technique and game strategy. Zheng shared his personal aspirations for upcoming events and the remainder of the season. “Going out to practice with the team are the highlights of my days in the spring season. On our way to matches, the camaraderie and shared sense of purpose are moments I treasure. With favorable weather for golf, I will focus on shot consistency and look forward to upcoming exciting tournaments,” wrote Zheng. All-Gender Golf will play at the Andover Invitational this Saturday.

Anya Budzinski
Apr 26, 2024

All-Gender Golf Has Impressive 4th Place Finish in Andover Invitational



Five of Andover Golf’s best players were selected to compete at the historic Newport Country Club in Rhode Island to play in the annual Andover Invitational, the highlight of the spring season. Despite the competitive field and tough conditions, Andover managed to snag a strong 4th-place finish in the tournament. Andover Golf hopes to continue their undefeated

excellence on the course, particularly with their toughest challenge yet in the Andover Invitational winners, Deerfield, fast approaching.

Sean Niu ’25 noted the challenging windy conditions on the course, which made play more difficult. While the team wasn’t entirely satisfied with their performance, they were pleased with how they managed to compete under such tough conditions.

Niu said, “The Andover Invitational went well. Lucas Lee [’25] and I shot 78; Abby [Zhu ’26] and Kevin [Zheng ’26] shot 77, and those were the four scores that we took. The conditions were a little windy. We could have done better, but the coach said we played fine.” Zheng mentioned that although he did not see most of his teammates’ shots, he did see an impressive putt on the 17th hole by Niu and an impressive 35-foot slider of his own on the 15th hole.

“At the Andover Invitational, ten schools from all around the New England area came to play at Newport Country Club. I wasn’t able to see the shots of my Andover teammates. However, Sean played behind me, so I saw some of his plays. Going into the last three holes, he was -1, so he secured our 4th-place finish. He made a really great putt at 17 to secure our place. I also think that my 35-foot slider for par on hole 15 was really important and definitely contributed a lot to my score of 77,” said Zheng.

The team excelled in numerous areas at the Andover Invitational. Nevertheless, Sebastian Montemayor ’27 highlighted mental toughness as the key to success in the tournament, emphasizing that without it, winning matches is impossible.

Montemayor said, “I think that we are mentally tough. I think it is really important in matches. If you aren’t mentally tough, you are losing. You might have great talent, but you need to have great mental strength. We are undefeated so far, so we have done well, but there is still more to come.”

During the Andover Invitational, the team displayed strong consistency with all players shooting solid scores. Niu noted this uniformity as a positive sign but emphasized the need for at least one player to deliver an exceptionally strong round, which their performance ultimately lacked.

“I mean, we all basically shot the same score. You can take that how you want. It’s a pretty good thing, given the team is really consistent and we are all on the same skill level. That is definitely a strength. A weakness was that none of us showed out a lot. By no means did anyone play badly, but we sometimes need a really good round in order to win,” said Niu. Despite their impressive performance, Andover Golf is looking to enhance several aspects of its game before the next match. Montemayor mentioned that the team’s primary focus will be on refining its strategy and course management ahead of its away match against Deerfield.

Montemayor said, “So we have a match on Thursday. We want to improve on strategy. We want to make sure we have a good strategy going into the match. We are looking ahead to our Deerfield game, and we want to feel prepared to go into that match because it is away. To answer the question again, I think that we need to work on our course management.” Andover Golf still has many goals moving into the second half of the season. However, there is only one team on Andover’s mind: Deerfield. Montemayor stated that his goal is captured with just two words.

“Beat Deerfield,” said Montemayor.

Andover will play Brooks on Thursday, Dexter Southfield on Friday, and Deerfield on Saturday.

David Siahaan

May 3, 2024

Abby Zhu '26 Claims Champion Title at Pippy O'Connor Tournament



The 18th hole saw Abby Zhu '26 and Angelina Gong from Exeter neck-to-neck in the Pippy O'Connor tournament. Taking her final swing, Zhu claimed her victory as the winner of the Individual Championship Girls title amongst a cohort of 92 girls, representing a number of New England preparatory schools. Hosted by the Ethan Walker School, the tournament was held at the Orchard Golf Club last Monday. Despite being Andover’s sole representative, Zhu had an excellent day on the range.

Zhu began playing golf at the age of eight, inspired by her parents’ love for the sport. Growing up, her father often took her to the driving range, exposing her to the intricacies and artistry of golf.

“I started playing golf when I was eight, and I started competing pretty shortly after that. My dad used to bring me to the driving range, and my parents both just really enjoyed playing golf. So, I kind of just naturally was into it,” said Zhu.

As most golf tournaments tend to be primarily male-dominated, Zhu was excited to see the female representation at the Pippy O'Connor tournament.

Zhu said, “A lot of times, you see a lot of boys at the tournaments and there’s not that many girls, but it was really nice to see all the girls that were there. I knew a lot of them from outside tournaments but also just because we’ve all played together, and it was nice to see everyone there.”

Although the pressure at larger tournaments can be overwhelming, Zhu has found measures to mitigate her nerves and maintain a clear headspace.

“I’ve been playing golf for a really long time, so for me, I try to trust myself a little bit because I think because I’ve played for so long. I have pretty good fundamentals, and

sometimes under pressure, you get nervous about what if my fundamentals aren't good enough or whatever. But for me, I just have to trust that I can do it. I also have to keep reminding myself not to be afraid and not be tentative because those are some of my tendencies that cause more problems than doing good," said Zhu.

In order to remain focused throughout the tournaments, which can last over four hours, Zhu prioritizes nutrition and rest. Every couple of holes, Zhu tries to have a snack and take a break when needed.

Zhu said, "It's hard to stay focused for four and a half hours, but my parents always remind me to keep eating. Eat every three holes, and take breaks when you can. In terms of staying focused, I feel like, especially at the Pippy O'Connor tournament, when I was finishing the 16th hole, I knew that I had a pretty good chance to win or be in contention at least. So, I was feeling a little bit nervous and stuff, and I think just that extra adrenaline kind of kept me more focused."

Head Coach Brian Faulk '00, both Zhu's golf coach and Instructor in Chemistry, praised Zhu for her dedication to golf. As a teacher, he also recognized the challenges of managing athletics and academics at such a high level.

Faulk said, "Abby's an incredibly talented and dedicated golfer. She really works hard, in season and out of season. I'm really proud of the work she's put in. She had a great couple of tournaments last summer... She's also an extremely hard worker in the classroom, too, so I know it's not easy, but I think she brings a great energy and passion for the game. She's a great teammate as well."

Tara Menon

May 17, 2024

Andover Narrowly Loses to Exeter, Places Third out of 27 teams in Kingswood-Oxford Invitational

5/15 – Andover: 2.5, Exeter: 5.5

5/18 – Andover: 5, Exeter: 3 (Second Match)

Despite winning the second half of the doubleheader match against Phillips Exeter Academy (Exeter), Andover ultimately lost the game to the rival team. On Wednesday, after beating Loomis Chaffee (Loomis) and Hotchkiss in a three-way playoff for third place, Andover placed third out of 27 teams at the Kingswood-Oxford Invitational, their final match of the season. Though the season is now over, Andover Golf aims to continue training and improving over the summer to prepare for the next season.

In the team's doubleheader series against Exeter, Sebastian Montemayor '27's absence in the first half took a notable toll on Andover, contributing to their defeat. Sean Niu '25 emphasized Montemayor as a crucial reason for their third-place finish at the Kingswood-Oxford Invitational.

Niu said, "Exeter was a two-day series. An 18-hole match on Wednesday. We did not have Sebastian, and we were a man down, and it had a domino effect. Saturday, we had Sebastian Montemayor '27, and we beat them, but it wasn't enough to win the series. Everyone played a really crucial part. First off, we got third out of 27 teams through a three-way playoff. We wouldn't be in the position that we were without everybody, especially Montemayor. His round really helped us place well. Everyone did their part, and we beat out Hotchkiss and Loomis."

Kevin Zheng '26 stressed Montemayor's ability to play under pressure and described how he handled one of the playoff holes with ease. He also mentioned how he and Sean used Montemayor's performance as a launchpad to claiming victory in the playoffs and a final ranking of third place.

Zheng said, "Sebastian made a huge play with a crucial 180-yard draw into the wind on the playoff hole, landing the ball just 12 feet from the pin. His performance under pressure was an absolute spectacle. Additionally, Sean and I were able to finish the job, securing our win in the playoff and ultimately placing third in the tournament."

Niu highlighted the team's excellent attitude and resilience following their loss to Exeter in the first half of the doubleheader. He expressed pride in the team's ability to remain steadfast despite the setback.

"We had a really good attitude. We knew we were down in the series and everyone played very well on Saturday, which really shows the resilience that these players have for being able to win a lot of their matches while knowing they are down on the series," said Niu.

Montemayor talked about how the Exeter match marked a new opportunity for the team to redeem itself after its loss on Wednesday.

Montemayor said, "Going in, we were mentally locked in as a team. We believed we had a chance to win and were determined to fix the mistakes we made on Wednesday."

Golf's successes were marked by crucial moments. Niu mentioned several standout instances during the playoff, which included impressive performances by Sophia Liu '27, Montemayor, and Zheng.

Niu said, "Definitely, in the playoff, Sophia Liu '27 made a really good three-footer under pressure. Montemayor made a really good approach shot on the final hole. Kevin Zheng '26 was the one who took the final stroke for Andover to seal the three-way playoff."

Montemayor noted that, in his opinion, the K.I.T. tournament wasn't as well-run as other tournaments like the Independent International Invitational (Triple-I). However, he acknowledged that despite the suboptimal organization, the courses were still in good condition, and the team was able to compete effectively.

Montemayor said, "This tournament was very poorly executed. If the Triple-I is like the Mona Lisa of golf, the K.I.T. is like if I tried to draw the Mona Lisa with my eyes closed. I am proud, though, of how even though this tournament had such poor organization the team was still able to take advantage of the nice course and the full day ahead of us to battle hard as a team."

David Siahaan
Alexander Dimnaku
May 24, 2024

Boys Varsity Lacrosse

2024

Coach: James Beaudoin

Assistant Coaches: Chase Chamberlin

Captain: Jack Bainbridge, Peter Elliott, & Josh Heaney

Managers: Christian Graziano '25, Nicholas Essaid '24

Overall Season Record

Win	Loss	Tie
11	7	0

Letter Winners: John D. Bainbridge, John A. Bancone, Whyett E. Benn, Logan M. Cove, Luke A. DeAngelis, Alexander Dimnaku, Liam R. Doyle, Peter J. Elliott, Jack E. Farrell, Henry D. Ferguson, Jack N. Frischmann, Jacob P. Gourley, Kele D. Gregory, Paul V. Harrison, Joshua L. Heaney, Maxwell G. Herbison, Jacob J. Keller, Jensen D. Kohler, Jake M. Murray, William H. Ogle, Leo S. Oguntoyinbo, John D. Scarbrough, Phillip N. Strabo, Edward J. Thornton, & Andrew J. Wasylshyn

Award Winner: Hulburd: John D. Bainbridge

Kalkstein: Joshua L. Heaney

Boys Varsity Lacrosse

2024 Schedule and Results

Wed	03/20/2024	Lacrosse BV	St. John's Prep	A	3:00 PM	10-4	W	
Sat	03/23/2024	Lacrosse BV	Governor's Academy	H	1:00 PM	11-9	W	
Wed	03/27/2024	Lacrosse BV	K.U.A.	H	4:15 PM	14-3	W	
Sat	03/30/2024	Lacrosse BV	Hotchkiss	H	2:00 PM	9-7	W	
Wed	04/02/2024	Lacrosse BV	Middlesex	A	3:30 PM	13-14		L
Wed	04/10/2024	Lacrosse BV	Proctor	H	3:45 PM	13-7	W	
Wed	04/17/2024	Lacrosse BV	Austin Prep	A	5:00 PM	14-4	W	
Sat	04/20/2024	Lacrosse BV	Choate	H	3:30 PM	10-15		L
Wed	04/24/2024	Lacrosse BV	Holderness	A	4:30 PM	6-16		L
Sat	04/27/2024	Lacrosse BV	Deerfield	A	2:30 PM	4-23		L
Wed	05/01/2024	Lacrosse BV	New Hampton	H	5:00 PM	12-10	W	
Sat	05/04/2024	Lacrosse BV	Loomis	H	6:15 PM	11-19		L
Wed	05/08/2024	Lacrosse BV	St. Paul's	H	4:00 PM	13-2	W	
Sat	05/11/2024	Lacrosse BV	Pomfret	A	1:30 PM	17-8	W	
Wed	05/15/2024	Lacrosse BV	Dexter Southfield School	H	3:30 PM	21-5	W	
Sat	05/18/2024	Lacrosse BV	Berkshire School	A	2:00 PM	11-18		L
Wed	05/22/2024	Lacrosse BV	Pingree	A	4:00 PM	10-11		L
Sat	05/25/2024	Lacrosse BV	Exeter	H	2:00 PM	15-6	W	



**Phillips Academy
Boys Lacrosse Varsity
2024**

<u>No.</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
1	Logan M. Cove	2024	Derry, NH
2	Jensen D. Kohler	2025	Cambridge, NY
3	John D. Scarbrough	2025	Boulder, CO
4	Phillip N. Strabo	2024	Arlington, VA
5	Jack N. Frischmann	2025	Acworth, GA
6	Joshua L. Heaney *	2024	Glastonbury, CT
7	Leo S. Oguntoyinbo	2025	Hillsborough, NC
8	Jake M. Murray	2024	Riverside, RI
9	Liam R. Doyle	2024	Glastonbury, CT
10	Maxwell G. Herbison	2025	Pittsford, NY
11	Jack E. Farrell	2026	Reading, MA
12	Luke A. DeAngelis	2025	Holmdel, NJ
13	Jacob J. Keller	2024	Toronto ONT,
14	William H. Ogle	2026	San Antonio, TX
15	Paul V. Harrison	2025	Chicago, IL
16	Kele D. Gregory	2026	N Falmouth, MA
17	Jacob P. Gourley	2026	Reading, MA
19	John D. Bainbridge *	2024	Duck, NC
20	Whyett E. Benn	2024	Flower Mound, TX
21	Thomas R. McCool	2025	Cardiff, CA
22	Edward J. Thornton	2024	Ridgewood, NJ
23	John A. Bancone	2025	Summit, NJ
24	Peter J. Elliott *	2024	Wallingford, CT
25	Henry D. Ferguson	2025	Branford, CT
27	Alexander Dimnaku	2027	Wellesley, MA
33	Andrew J. Wasylyshyn	2026	Westford, MA

*Captain

Head Coach: James Beaudoin
Assistant Coaches: Chase Chamberline, Wyatt Fruland
Managers: Christian Graziano '25, Nicholas Essaid '24

Boys Varsity Lacrosse In The News

Co-Captain Josh Heaney '24: A Strong Leader and Figure on Boys Lacrosse



Boys Lacrosse Co-Captain Josh Heaney '24 uses his immense knowledge of Lacrosse to lead his teammates. Through his exemplary leadership style and presence on the field, Heaney guides the team.

Despite not being as vocal as other players on the team, Heaney uses his expertise from playing the sport since kindergarten. His biggest hope is that through his “lead by example” leadership style, those around him will become the best players

they can be.

“I strive to lead by example. I know, and my teammates will say, I’m not the loudest person on the field, but I feel like because I’ve been playing for so long and I know the sport very well, if I can play and lead and have people follow and do as I do, and then do better than me, that’s what I strive for as a captain on this team,” said Heaney.

Jude Scarbrough '25 also described Heaney as a role model on the team. He highlighted his core values and optimism on the field.

Scarbrough said, “Josh has a really strong character, he definitely leads the team by example. He always brings a positive attitude and a good outlook on the lacrosse field.”

As a new student and member of the team this year, Jack Frischmann '25 highlighted Heaney’s role in helping newer teammates adjust to Boys Lacrosse. Frischmann noted the impact of Heaney’s support and encouragement for each individual player.

“Especially for new kids, he’s done a great job of filling everyone in on the gameday schedule and what happens, building up everyone after a good shot. He’s always one of the first people to be like, ‘That was a great play,’ and he’s just really reassuring,” said Frischmann.

Heaney prioritizes in-game support by taking a personal approach, getting to know each player.

“I know with different athletes and different people if someone’s down about a game or a play there’s lots of ways to go about it. I know personally, if I’m playing bad, I like someone to really get after me and yell, but I know other people that will put them further in that hole. I feel like just knowing my teammates, and knowing which kids need what kinds of treatment to get out of a hole is very important,” said Heaney.

Frischmann noted that Heaney is a presence on the team. He also worked alongside his Co-Captains to prepare the team for the season through Captain’s Practices.

“He’s definitely more of a quiet leader but you know he’s there when he’s there and you can sense if he’s not at practice. I think a big part of being a captain is Captain’s Practice in the offseason. In the fall and winter, he and obviously Peter [Elliot '24] and Bridge [Jack Bainbridge '24] too, would get Captain’s Practices going and did a really good job with preparing us in the offseason for the season,” said Frischmann.

With the upcoming season being his last as a member of the Andover team, Heaney is bringing what he has learned from graduated teammates to be a leader of the program. In reflecting on past Boys Lacrosse teams he’s been a part of and getting to know this year’s team, he expressed an excitement for the dynamic he’s going to foster and the success the team may have.

Heaney said, “Being a captain this year is really meaningful because we’ve had captains in the last two years that I’m trying to take inspiration from how they’ve led our team. I feel like [this is] our year this year, at least from how we’ve been looking in the preseason, [and] seems to be a really good culmination of the last couple

of years. I think the culture and the talent that we've had the last few years is put together in its best form since I've been here."

Heaney will continue his athletic career at Lafayette College.

Orla Naughton

Lily Williamson

Mar 21, 2024

Co-Captain Peter Elliot '24 Uplifts Boys Lacrosse and Leads with Perseverance



Co-Captain Peter Elliot '24 leads with communication and energy, creating a strong and welcoming environment for the Boys Lacrosse team. Along with being a team leader, he ranks 37th in Massachusetts in assists, demonstrating his hard work and dedication to lacrosse.

Having been nominated to be Co-Captain from his fellow teammates and coaches, Elliot recognized the honor and demands of the position. He emphasized that his plan to successfully lead the team is inspired by previous captains and mentors.

Elliot said, "When I found out that I was nominated and that the coaches were trusting in me to be a captain on the team, it was obviously a big responsibility. I've had doubts about it. It's a big responsibility to feel like you are the head of a team and that you need to kind of be a role model for all these people that I look up to as well. But I've had really incredible Captains in the past and I think my goal as a Captain thus far has been to model what they have set up for me and really carry that forward."

Elliot recalled his Junior year when he broke his hand during tryouts, causing him to miss most of the season. In spite of the injury, Captain Troy Pollock '20 became a mentor to him. Now as a Captain, Elliot draws inspiration from Pollock's leadership.

"Even though I obviously wasn't contributing very much to the team as I was unable to play. [Pollock] has always been [someone] I looked up to because of the effort and the commitment that he showed to the team, and he really battled on the field like nobody else had ever seen before and he's always a person that I try to model," said Elliot.

Elliot's teammates have recognized his hard working nature and his strengths as a player. As a new addition to the team, Kele Gregory '26 instantly recognized Elliot for his efforts to help him adapt and feel welcomed to the team.

Gregory said, "Peter Elliot is a great player, definitely one of the hardest workers on the team. As a new Sophomore, he was definitely one of the older players that took me under his wing. With his skills, he has been helping me learn on and off the field about how to be a better player and how to be a leader."

Elliot noted his contribution to the team throughout the years by playing with high energy, dedication, and commitment. He has displayed team spirit and success throughout the year.

Elliot said, "There are plenty of guys on the team who have played many more hours of lacrosse than I have, and probably know the game a little bit better than I do. But I hope that the guys on the team find that I am important for the team morale. I've been helpful in bringing everyone closer together."

Over Spring Break, the team traveled to Florida and participated in a spring training trip. During this, Elliot brought on fun energy and provided constructive advice to his teammates.

Gregory said "He brings dedication, commitment, and perseverance. For example, while we were in Florida, he was always pushing us. Hard work is one of the most important values we have on the team. In addition to that, he's always high energy, giving advice, bringing the team up, singing songs, and blasting music. He is an all around great player and great person".

Elliot is a very communicative leader and an energetic presence for his team. Jack Farrell '26 highlighted how Elliot demonstrates his leadership on and off the turf.

“Peter always has a very vocal presence in huddles and in the locker room. He is always willing to help his teammates and provide advice and support when needed. He is someone you can count on to bring the energy when we need it the most,” said Farrell.

Elliot commented on his aspirations for the season, starting the season with a strong team. He hopes that Andover can prove itself and become recognized as one of the top teams in its league.

Elliot said, “We’ve already done a really good job improving our team culture. We’re really optimistic about everything we’ve seen so far and about the new guys we have. Now our goals are just to bring our high hopes for the season into fruition... But the goal for us in my entire time at Andover has always really been to prove that we are one of the top programs in New England. This is the best team we’ve had in the last four years.”

Katherine Rodgers

Theo Wei

Mar 21, 2024

Boys Lacrosse Co-Captain Jack Bainbridge '24 Directs Defense and Boosts Morale



Andover Boys Lacrosse Co-Captain Jack Bainbridge '24 has been a member of the lacrosse team since his Junior Year at Andover. Since his early days at Andover, his outgoing nature and commitment to his teammates has shaped his role as a leader.

Bainbridge picked up the sport as a way to bond with friends in middle school and has continued playing ever since. The community aspect remains a vital aspect of his love for the game.

Bainbridge said, “I started playing lacrosse in... fifth grade. My middle school had it as a sport, and it was a way for me and my friends to all bond together and so we all picked it up and started playing.”

Bainbridge is a four-year member of Boys Lacrosse and has been a leader throughout his career. He strives to be someone his teammates can talk to, both about the game and other aspects of their lives. Logan Cove '24 highlighted Bainbridge's leadership throughout his time on the team.

Cove said, “There are only a few players that have been on the team for four years, Jack being one of them, and through those four years, even while in the younger grades, he's [been] a significant leader.”

Bainbridge's energy is infectious, invigorating his teammates. To prepare for scrimmages, games, and practices, Bainbridge ensures the team maintains high energy and enthusiasm, while also staying focused. One way he brings this liveliness is through playing loud music that boosts team morale.

Bainbridge said, “I'm a pretty loud personality, and so I use my energy to bring out that energy from others. I usually, at least last year, played the music in the locker room. This year I'm making the pre-game warm-up mix. So, kind of using all that to just like pump energy within the team and get everyone going.”

As a new addition to Boys Lacrosse, Alexander Dimnaku '27 similarly finds Bainbridge's energy contagious, and highlighted Bainbridge's defense.

Dimnaku said, “The best way he's impacted the team is through how energetic and motivational he's been for the whole team. Especially [since] he's the only captain who's on the defensive end... he's the main voice [in the defense] and he does a good job at hyping up the defense and making sure the defense is ready to go.”

Bainbridge is a multi-sport athlete who plays hockey in the winter season. Despite his other commitments, according to Cove, he always prioritizes leading the lacrosse team.

Cove said, “He's a multi-sport player, so he was busy with hockey playoffs but even [with] his commitment to the hockey team and bettering them, he was able to make it out to captain's practices, tryouts, all that [for lacrosse] even if he wasn't playing, to help lead the team for the guys and get us all ready for the season.”

Despite only knowing Bainbridge for a short time, Dimnaku is already inspired by his leadership and feels confident in his abilities to direct the team.

“Jack is good at leading by example... Jack is such a good leader because he knows everything we have to do, and he knows how to do it, and he knows how to direct people and tell people what to do, while also being motivational,” said Dimnaku.

Anya Budzinski
Tara Menon
Mar 21, 2024

Boys Lacrosse Unleashes Scoring Fury With 22 Goals in Season Opener



Friday 3/22 – Andover 11 – Governor’s Academy 9
Wednesday 3/27 – Andover 11 – KUA 3.

Last Friday, Boys Lacrosse played Governor’s Academy at home, yielding a 45% ride percentage. On Wednesday, Andover followed with another 11 goals against K.U.A, marking a start strong to the season.

Despite Friday’s windy conditions, many peers came to support the team. Drew Wasylyshyn ’26 described the highly anticipated season opener.

“It was electric; a lot of cheering, a lot of fun vibes. You could really tell everyone was having a great time trying to play their best lacrosse and really just taking in the first game, home opener atmosphere,” said Wasylyshyn.

In preparation for the first game, the team worked on transitional plays, commented Jensen Kohler ’25. The practice came to fruition against Governor’s as Andover held a strong offensive ground.

Kohler said, “We were really working on transition play, so, getting the ball from offense to [defense] or getting the ball from defense to offense, rather, and stopping them from doing that, and we did really well. We had a ride percentage of 45%, which is very high. That means we stopped them 45 percent of the time from getting the ball out of their defensive zone, so that was good.”

However, Andover faced some challenges after Governor’s strong comeback following the team’s fierce offensive plays. Ultimately, Andover was able to regain a large scoring margin through a few crucial shots. Wasylyshyn said, “Jensen Kohler had some really good low shots that the goalie wasn’t expecting. And it really led to the game changing.”

Jensen Kohler ’25 recalled how the team utilized their momentum to achieve a final victory.

“We got scored on first, but then we came back with like two or three goals streak and that kind of just gave us some momentum. We carried that throughout the whole game and like that, we kind of just use[d] that to come out on top,” said Kohler.

According to Liam Doyle ’24, leading up to the game against K.U.A, the team worked on rotations, offensive formations, and positioning, as well as targeting areas of weakness.

“We had about an hour of film. We had to look over some of the negatives of our St. John’s prep game. And our game against the Governors. There were obviously lots of positives from the outcomes, but, I mean, you got to nitpick the small things to get better,” said Doyle.

Doyle continued, “Today was a very physical game to our advantage. I learned that we’re a much more physical team than we may appear. Ball movement is key on offense.”

Noting the all-around talent of the team, Kohler has high hopes for the upcoming season.

Kohler said, “This year we’re very strong all around compared to years in the past. I think balance is our biggest strength because we have a very deep set of offensive guys, where everybody can score and everybody can do everything. On defense, we also have a very, very deep group. And same with the face-off and goalie position. We have two great players at each of those positions.”

Boys Lacrosse will play Hotchkiss at home on Saturday.

Tara Menon
Mar 28, 2024

Boys Lacrosse Secures the Win Against Hotchkiss, Falls to Middlesex in Close Game

Saturday 3/30– Andover 9 – Hotchkiss 7

Tuesday 4/2 – Andover 13 – Middlesex 14

Coming off of three strong wins, last Saturday, Boys Lacrosse beat Hotchkiss. On Tuesday, it suffered its first hard-fought loss against Middlesex by only one goal.

Boys Lacrosse came out strong in its game against Hotchkiss, scoring five goals in the first quarter of the game. Paul Harrison '25 shared that while the team started off strong, it lost momentum, and in the end, it was a close win.

“We came out of the gate firing. We came out 5-0 to start in the first quarter. They slowly crawled back into it. We lost a little bit in the second and third quarters. And we had to fight, battle for the victory to the end. They hit the pipe with under 30 seconds left and we got the ball back. It was a tough game and well fought, going both ways,” stated Harrison.

Harrison highlighted the performance of everyone, but specifically the defensive midfielders, Peter Elliott '24 and Logan Cove '24. He noted that they did a good job consistently shutting down play opportunities.

“Some of the people that stand out to me are our D Middies, Peter Elliott and Logan Cove. When you play a team as good as Hotchkiss with their firepower, you’re gonna get some mismatches. You’re gonna have some short stick D Middies playing against some great guys, and together they did a great job limiting the chances that those guys got. And then, of course, at the end of the game, Peter had the play to give us the ball to seal the game, so diving for the possession on the shot. So great play by him,” said Harrison.

While most of the game was close, in the last two and a half minutes of the game Middlesex scored a point over Boys Lacrosse. According to William Ogle '26 it was a hard fought game, but ultimately the team was unable to secure the win.

“[It was] a back-and-forth game. We worked really hard. Both teams were really solid. It was just unlucky at the end... We were down by one for the last two and a half minutes of the game. We had possession at the end but we just weren’t able to score,” said Ogle.

Looking forward, Max Herbison '25 shared a post-game reflection, noting the team’s intention to use the defeat as motivation for improvement. Herbison outlined plans to analyze game footage, work on ground balls and defense, and possibly introduce new offensive tactics in preparation for upcoming games.

“It was a hard-fought loss and we will definitely use it as fuel for the upcoming games. This week we prepared a zone-breaking offense as we knew what they were planning on running and it was successful [Tuesday] as we put up 13 goals. But our defense struggled to mark a few of their guys and they got the best of us in the end. This week, we will be going over a lot of film, focusing on ground balls and our team defense, as well as potentially putting in a new offensive scheme,” said Herbison.

Boys Lacrosse will play Northfield Mount Hermon at home on Saturday.

Lillian Stephenson

Lola Aguirre

Apr 5, 2024

After Eight Days Without a Game, Boys Lacrosse Comes Back to Win at Home Against Proctor



4/10 Andover: 13 Proctor: 7

On Wednesday, after eight days of just practice, Boys Lacrosse played at home against Proctor Academy. Despite being down in the first half, the team came back to take the win.

Despite a slow start, the team got its energy up by the second half and was able to string together high-quality plays. Logan Cove '24 described the second half as a crucial turning point for the team in the game.

Cove said, "Coming out of half, we had a big goal scored, and we played the first half of our game a little slow, but that big goal was able to set us back in the rhythm get the offense working, get energy to the defense, and we were able to turn the game around and become pretty dominant in that second half."

Kele Gregory '26 highlighted the team's dedication and bond. He noted that it has been committed in and out of practice and has built a bond that has positively translated on the field.

"The strength of our team this year would be the commitment we are putting in, the dedication to the game, and what we are doing on and off the field. So if it is shooting outside of practice, staying after practice, putting in the work, and probably the bond that we all have is like brothers. Just going out every day, having team practice, and trying to prepare ourselves for the games. Whether its in the training room, like stretching out and doing all the right things, keeping everybody in shape. And it all goes well also when our leadership is there when our captains are stepping up and making sure the team is bonding and putting in the work," said Gregory.

The team made sure to celebrate each of the little victories throughout to keep the excitement up, and everyone engaged in every play. Cove emphasized the high-energy atmosphere.

"It was awesome. Everyone was really invested in the game. Everyone really wanted to win. Guys were scoring lots of goals. Not only was the team excited, but had all the fans excited. So it was really awesome to be a part of. I mean even as goals are awesome to celebrate, I think we had everyone celebrating on both sides of the ball, whether that was a simple ground ball, huge save from the goalies, or successful clears, or big hits. So it was really awesome to be a part of." said Cove.

Looking ahead, Harrison shared the team's goals. He noted the importance put on concentration and strategic ball placement.

"In general, something that we need to work on is intensity, making sure that we're always focusing on practice. It doesn't matter if we're playing the best game in the country or we're playing the worst team in the country making sure that we're focusing on practice... And then offensively, something that has been a focus and continues to be a focus is just flexion. Making sure that we're taking good shots in good areas and that we are able to mix up our shots and play to the goalies' weaknesses," said Harrison.

Boys Lacrosse will play away at Austin Prep on Wednesday.

Anya Budzinski

Apr 11, 2024

Boys Lacrosse Loses Back-to-Back Against Choate and Holderness

4/20 Andover: 10 Choate: 15

4/24 Andover: 6 Holderness: 14

After two wins, on Saturday, Boys Lacrosse (6-3) faced Choate at home, ultimately losing. On Wednesday, the team also fell against Holderness.

Kele Gregory '26 shared that although the team was putting in effort, it lacked connection. He noted that in the future, the team needs to work on staying consistent in the second half.

"I thought the score could have been closer, but in the second half, we started falling off. The work ethic was there, but some of the boys just needed to stick together as a team and work harder throughout the game. [We] definitely have to finish the games off strong. We had trouble on face-offs... Next year or whenever we play them, it'll definitely be a better game," said Gregory.

Leading up to the game, Jacob Keller '24 shared that the team put a lot of work in during practice. He also highlighted the motivation that the crowd's energy offered.

"The atmosphere is a lot different than a lot of the games because leading up to it, practice has been a lot more intense, because we really, really wanted to win. So we were a lot more focused in both our warm-up and practices leading up to the game. The actual atmosphere at the game was awesome. We had a pretty good show of fans and the team was really pumped to play a good team that would be fun and worthy competition," said Keller.

Keller commended Gregory for his strong efforts on the face-offs, a position he was switched into mid-way through the game.

“I would say the biggest moment was when we put our hold on the draw. Their draw guy was beating our two draw guys, and they were getting the ball more. Then we put Kele Gregory in, and he actually went 80 percent on the draw which gave us a fighting chance and around the same amount of possessions, so we could fight back a little bit,” said Keller.

On Wednesday, Boys Lacrosse fell to Holderness. Alex Dimnaku '27 shared that Holderness' defensive strategy proved to be an obstacle for the team, preventing it from keeping possession of the ball and providing scoring opportunities for Holderness.

“Today, we struggled a lot in the clear, Holderness ten man ride which means they use their goalie to try to take the ball away from us when we try to clear it, and so that really held us back today and made a lot of possessions that we should have had turnovers, and they can score off those,” said Dimnaku.

Dimnaku highlighted Paul Harrison '25 for his impressive play in goal. He noted that at the end of the first half, the score was close because of Harrison's saves.

“I thought the MVP of the game was Paul Harrison because he's an [Upper], and he was our goalie in the first half, and he absolutely stood in his head and saved so many shots for us. By the end of the first half, it was 4-2, and Paul was such a big part of that. He made so many big saves,” said Dimnaku.

Looking forward, the team plans to focus on clearing. Dimnaku noted that in order to prepare for its next game, the team will be looking at Deerfield's play.

Dimnaku said, “We're going to work a lot on clearing in the upcoming practices. Then also we have Deerfield on Saturday and they're a very good team. We're also going to work on just scouting them and making sure we're ready for that game.”

Boys Lacrosse will face Deerfield away on Saturday.

Lola Aguirre
Lillian Stephenson
Apr 26, 2024

Boys Lacrosse Losses Against Deerfield but Gains Momentum With New Hampton



Saturday 4/27 – Andover: 4 Deerfield: 23

Wednesday 5/1 – Andover: 12 New Hampton: 10

On Saturday, Boys Lacrosse suffered a tough loss against Deerfield but came up with a win against New Hampton on Wednesday. Its record now stands at 7-4.

Logan Cove '24 commented on the shortcomings of the team against Deerfield.

Ranked at number four in the Prep School division, Deerfield led a dominant offensive game against the 13th-ranked Andover team. Cove shared the plan for the upcoming games this season.

“It didn't go very well. I think we all played a lackluster game... We have a lot of drills set up by coaches to focus on things that we didn't do too [well] on in the game like clearing, riding, offensive formations, running plays, and defensively breaking down Deerfield's offense,” said Cove.

Jacob Gourley '26 recognized the areas that needed to be cleaned up before the next match, acknowledging that Andover could have played better.

Gourley said, “It wasn't great. We have to reflect a lot... There were a lot of drop balls, and we missed a lot of ground balls.”

Gourley proceeded to highlight Jack Farrell '26 as a notable player who held up the defensive line.

“[Farrell] had a very good game and played exceptionally well as a D-Middie and a D-Pole,” said Gourley.

Before the game against New Hampton, Cove had commented on the goal for the match, which focused on identifying and capitalizing on the opposing team's weaknesses.

Cove said, "We want to clean up mistakes. We are very focused on New Hampton, our next opponent. We hope to shut down their offense, figure out where their weaknesses on defense are, score a lot of goals, and hopefully make a statement game."

The game against New Hampton resulted in a 12-10 victory. However, the team was not able to maintain their energy and slowed down midway through the game. In the end, Boys Lacrosse gained its composure back, noted Jude Scarbrough '25.

"It was a lot of fun. We started pretty good. And then we sort of took the foot off the gas a little bit. But, we still finished strong in the end, and the win is what matters," said Scarbrough.

Scarbrough credited Tommy McCool '25 for his offensive plays, which resulted in several goals for the team. "Tommy had a good amount of goals. Hit some impressive ones on the pipes, and they really stood out to me," said Scarbrough.

Scarbrough then underscored the next steps for the program.

Scarbrough said, "We need to work on executing on offense and actually scoring, not turning over the ball with silly things, and... going hard for all four quarters, not letting one quarter where we just kind of sit around a little bit."

Boys Lacrosse will play Loomis Chaffee on Saturday.

Lola Aguirre

Lillian Stephenson

May 3, 2024

Boys Lacrosse Loses to Berkshire and Pingree

Boys Lacrosse lost against Berkshire School on Saturday, fighting a close game against Pingree on Wednesday before ultimately falling short in overtime. Its record now stands at 10-7.

Jacob Keller '24 reflected on the incidental assist during the second half against Berkshire that deterred team morale.

Keller said, "It shouldn't be funny, but when our own player passed the ball to the other team right in front of our own net for a wide open goal, it was definitely in our best interest to laugh it off. That moment, unfortunately, set the tone for the game and it occurred right after half. After that the team lost a lot of spirit that led to the result of the game."

Following the team's loss against Pingree, Max Herbison '25 commented on the pressure end-of-season games place on the players, especially upperclassmen.

"Just before OT [overtime], we won the face-off with about 20 seconds left and almost scored to end it there, so we felt like it was going our way. I think there was a lot of pressure, especially because we only have two games left, everyone wants to win, and the Seniors and PG's on the team will have their highschool lacrosse experience come to an end. Everyone really wanted to do the right thing and get the win, but it was unfortunate in the end," Herbison.

Liam Doyle '24 emphasized keeping composure after tough losses and moving forward regardless. He also shared the team's plan for the Andover/Exeter (A/E) Weekend.

Doyle said, "Losses help bond everyone together. You have to have a short term memory in these kinds of games, especially with [Phillips] Exeter [Academy] coming up on Saturday, which is probably the biggest game of our season. With them coming up, we are going to just keep our short term memory. We got practice tonight, practice tomorrow, and we'll have to scout all their top players. They've got some big guns this year but we are excited to face off against them."

Keller detailed the team's routine when preparing for matchups, which includes reviewing opponent rosters and analyzing their game strategies through videos.

"After every game over the weekend, on Monday, we get an email that scouts the other team and has not only our matchups, but the entire other team's roster and their hand, and their tendencies. So, as an offensive player, I'll look at the goalie. Then I'll look at my matchup as a midfielder. Sometimes we may even look at a

bit of a film and then as a team we'll look through their clears, their defensive sets, and their defensive tendencies," said Keller.

Herbison praised goalie Paul Harrison '25, who has the highest save percentage of Andover goalies at 0.516, totaling 79 saves for the season.

Herbison said, "I thought Paul played very well. He played great in the first half, as he only let in two goals which set the bar high for us going into the second. Unfortunately we were not able to capitalize off our lead. He really held down the fort to start the game off, and he was part of the reason why we were pretty confident going into the second half."

Despite the 10-11 let down, Andover's offense kept pace during the game. Doyle highlighted Jake Murray '24's performance as integral to the team's ability to persevere through difficult plays.

Doyle said, "Jake Murray played very well. He helped settle the offense when we weren't that settled. We were out of sorts quite a bit and he helped keep our team composed. He was able to break free on offense a few times and put up some really good shots. All in all, he played very well, and was definitely a backbone for our team."

Looking ahead, Andover will play Exeter in its last game of the season.

Michael Williamson

May 24, 2024

Girls Varsity Lacrosse

2024

Coach: Heidi Wall

Assistant Coaches: Taylor Ware

Captains: Shea Freda, Carly Hopkins, & Lauren Herlihy

Managers: Elliot Chung & George Ryckman

Overall Season Record

Win	Loss	Tie
18	4	0

Letter Winners: Lola M. Aguirre, Alejandra P. Alicea, Gabriella A. Batchen, Quiana C. Bell, Maren F. Boyle, Molly A. Boyle, Catherine D. Buckley, Autumn M. Christian, Elliot H. Chung, Charleston A. Drouin, Shea R. Freda, Gracynn L. Hartley, Lauren E. Herlihy, Carly M. Hopkins, Hannah F. Jordan, Peyton A. Kennedy, Lillian M. Loughlean, Ellie Parker, Lucy E. Parker, Sarah M. Pease, George H. Ryckman, Dylan I. Siegel, Neicia C. Smith, Hannah M. Surette, Elisabeth M. Ware, & Caroline F. Young

Award Winner: Lux Lacrosse Trophy – Shea R. Freda

Girls Varsity Lacrosse

2024 Schedule and Results

Wed	03/27/2024	Lacrosse GV	Austin Prep	A	3:45 PM	20-3	W	
Sat	03/30/2024	Lacrosse GV	New Hampton	H	12:00 PM	14-7	W	
Wed	04/03/2024	Lacrosse GV	Middlesex	A	3:30 PM	8-3	W	
Fri	04/05/2024	Lacrosse GV	Noble & Greenough	A	5:15 PM	2-13		L
Wed	04/10/2024	Lacrosse GV	Deerfield	A	4:00 PM	17-7	W	
Fri	04/12/2024	Lacrosse GV	Milton	H	5:30 PM	11-10	W	
Sat	04/13/2024	Lacrosse GV	Pingree	H	3:00 PM	10-8	W	
Wed	04/17/2024	Lacrosse GV	St. Paul's	A	3:45 PM	10-11		L
Sat	04/20/2024	Lacrosse GV	Choate	H	1:30 PM	15-6	W	
Wed	04/24/2024	Lacrosse GV	N.M.H.	H	3:30 PM	15-5	W	
Fri	04/26/2024	Lacrosse GV	Dexter Southfield School	A	4:45 PM	8-7	W	
Sat	04/27/2024	Lacrosse GV	Brewster Academy	H	3:00 PM	24-1	W	
Wed	05/01/2024	Lacrosse GV	Dana Hall	A	3:15 PM	21-10	W	
Sat	05/04/2024	Lacrosse GV	Austin Prep	H	2:00 PM	18-4	W	
Mon	05/06/2024	Lacrosse GV	Rivers	A	4:45 PM	15-9	W	
Wed	05/08/2024	Lacrosse GV	Groton	A	3:00 PM	14-11	W	
Sat	05/11/2024	Lacrosse GV	Loomis	A	2:30 PM	13-7	W	
Mon	05/13/2024	Lacrosse GV	Governor's Academy	H	5:00 PM	12-13		L
Sat	05/18/2024	Lacrosse GV	Prep Cup	A	11:00 AM	9-8	W	
Sun	05/19/2024	Lacrosse GV	Prep Cup	A	9:00 AM	11-17		L
Wed	05/22/2024	Lacrosse GV	Brooks	A	2:45 PM	17-16	W	
Fri	05/24/2024	Lacrosse GV	Exeter	H	5:30 PM		W	



Phillips Academy Girls Lacrosse Varsity Roster 2024

<u>No.</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
1	Autumn M. Christian	2027	Stonington, CT
2	Hannah F. Jordan	2024	Andover, MA
4	Shea R. Freda *	2024	Lexington, MA
5	Lucy E. Parker	2026	Andover, MA
6	Ellie Parker	2025	Andover, MA
7	Neicia C. Smith	2025	Watertown, NY
8	Elisabeth M. Ware	2025	Andover, MA
9	Peyton A. Kennedy	2025	Sudbury, MA
10	Carly M. Hopkins *	2024	North Andover, MA
11	Dylan I. Siegel	2026	Durham, NC
12	Caroline F. Young	2026	Reading, MA
13	Gabriella A. Batchen	2024	Jackson Hole, WY
14	Hannah M. Surette	2024	Woburn, MA
15	Charleston A. Drouin	2025	North Andover, MA
16	Lillian M. Loughlean	2027	Pawcatuck, CT
17	Lauren E. Herlihy *	2025	Reading, MA
19	Lola M. Aguirre	2026	Barrington, RI
20	Quiana C. Bell	2026	Lowell, MA
21	Alejandra P. Alicea	2024	Andover, MA
22	Gracynn L. Hartley	2027	Hudson, NH
24	Maren F. Boyle	2026	Scituate, MA
30	Molly A. Boyle	2025	Scituate, MA

*Captain

Head Coach: Heidi Wall
Assistant Coaches: Taylor Ware, MC Post
Managers: Catherine Buckley '24, Elliot Chung '24,
Sarah Pease '24, George Ryckman '24

Girls Varsity Lacrosse In The News

Girls Lacrosse Dominates in Scrimmage Against Austin Prep

Andover Girls Lacrosse secured a victory in their scrimmage against Austin Prep on Wednesday. The team was scheduled to partake in another scrimmage against Lexington High School on Saturday, but due to poor weather conditions, the match was canceled. According to Ellie Parker '25, Andover had the advantage for the entirety of the Wednesday scrimmage. She highlighted how everyone contributed to the success of the match.

Parker said, "We were out-competing them the whole time. After the first quarter, I think we were up 6 or 7 to 1. So from the beginning, we had the momentum, instead of them, that carried throughout the whole game... It was definitely a whole team effort. Everyone got in, we had a lot of different scorers, and everyone all the way from our defense to our mids to our attacks contributed to the game."

In preparation for the scrimmage, Andover honed in on offensive and defensive skills, according to Quiana Bell '26.

"On offense we wanted to work on our movement and making sure that we never kept our feet planted, working with each other, running different isolation plays from different parts of the eight-meter, setting picks off of each other. Then on the defensive end, we worked a lot on staying big, getting our sticks in the passing lane, and ... working on our communication, crashing when s[omeone is coming] in the eight and especially defending the cutters when they are going through the middle..." said Bell.

The scrimmage was the first unofficial interscholastic game of the season, and therefore also the first time Andover was competing against another team as one unit. Though it was early in the season, Parker mentioned that the team had already begun to better understand each others' playing styles and strengths.

"We worked on getting to know one another, and our style of play on the field because we're a new team. So we just worked on the flow of new players and practice, and communication all over the field, not just on defense but on offense too, and playing towards each other's strengths and just working off of one another to best set each other up in the offensive zone," said Parker.

To help integrate new players and create a friendly environment, the team has ensured that everyone has had the chance to spend meaningful time with their fellow teammates. Bell noted many bonding activities that players do off the field along with a "buddy" system that allows players to form deeper connections with one another.

Bell said, "The new people are scattered all around different grade levels which I feel is helpful and I think in general we are just a very welcoming team, we always hang out with each other. As a team, we have a buddy on the team, which I feel is a great way to learn about somebody else you maybe don't know as well. We'll play different games before practice, we'll walk down to dinner together. We'll hang out in the locker room, and listen to music, so I feel like there's not a chance for the new people to be by themselves..."

Although Andover won by a considerable margin on Wednesday, Bell noted the team could improve on its speed of play and off-ball movement as it looks ahead to the start of its

official season. Moreover, Bell said that the team could work on defending fast breaks, from which Austin Prep scored their goals.

Bell said, “Especially at the beginning of the game on offense we struggled a little bit with not moving. We kept passing around because we were up by so much that we did not feel like we needed to move. But as the game progressed we started passing, cutting, [and] moving the ball faster, and that comes with team chemistry as well. And then the couple [of] goals they did have came off of fast breaks from the circle, so they would get the draw and they were able to beat our defense and score, so I feel like we will work on how to defend those fast breaks...”

Parker also emphasized the need to continue to get better and develop team chemistry, as the team will very soon play stronger opponents.

“We will just continue to work with each other as it is pretty early on in our season. We play Nobles next Friday and they’re always a very strong team, so I think the next week of practice, we just need to focus on our strengths and keep improving on working with each other,” said Parker.

Girls Lacrosse will have its first official game of the season against New Hampton on Saturday.

Aaron Huang
Mar 28, 2024

Girls Lacrosse Secures Back-to-Back Victories to Start the Season



Saturday: Andover: 14, New Hampton: 7
Wednesday 4/3 – Andover: 8, Middlesex: 3

On Saturday, Girls Lacrosse (2-0) played the first game of its season against New Hampton. On Wednesday, Andover followed up with a win against Middlesex despite rainy and windy conditions.

Though Girls Lacrosse struggled with its energy at the start of the game, Quiana Bell '26 commented on Co-Captain Lauren Herlihy's '25 performance which noticeably influenced the game in the midfield and brought morale up as she scored impressive goals.

In an email to *The Phillipian*, Bell wrote, “We had a slower start to our offense toward the beginning of the game, we weren’t working together and same on defense. Lauren ended up getting an 8-meter and got two quick shots within ten seconds of each other which really brought up our energy as a team and got our flow on both sides of the field.”

Bell emphasized the team’s main preparation for the game. She discussed that leading up to the match, the team focused on discovering how to work with one another.

“We worked a lot on finding our flow and team chemistry on both offense and defense. On the offensive side, we learned some new plays, focused on keeping our feet moving and cutting through the middle. On defense, we worked a lot on making initial and second slides to cover the ball and the adjacent players. We also worked on our communication with each other and our goalie,” wrote Bell.

What’s more, according to Neily Ware '25, is that the team also worked on quick movement of the ball, along with practicing patience when making crucial passes, and organization of the defense.

“[Leading] up to the game we worked on our defensive organization, for attack we focused on quick ball movement and patience when hitting our cutters,” wrote Ware in an email to *The Phillipian*.

Looking ahead to the rest of its season, Bell noted that Andover should focus on maintaining its calm while under pressure.

“I feel frantic with the ball in transition and on offense when the game is close. I think we need to work on slowing the ball down and waiting patiently for open people,” wrote Bell. According to Ware, additionally, Girls Lacrosse had a well-played match that resulted in a win against Middlesex despite rainy conditions and a small roster.

“[Although] the weather was tough and we were missing some people we had a lot of energy to keep everyone motivated,” wrote Ware.

Girls Lacrosse will travel to Noble and Greenough on Friday.

Madeleine Shin

Apr 5, 2024

Girls Lacrosse Faces First Lost of the Season to Nobles, Dominates Deerfield

Friday 4/5 – Andover: 2, Nobles: 13

Wednesday 4/10 – Andover: 17, Deerfield: 7

On Friday, Girls Lacrosse faced a strong Noble and Greenough (Nobles) team and ultimately took its first loss of the season. However, on Wednesday, Andover was able to bounce back and take a win against Deerfield.

According to Quiana Bell '26, the team worked a lot on defense and communication going into the game against Nobles. Despite Nobles managing to score 13 goals, Bell thought that the defense communicated and performed well, implementing what they had worked on in practice.

Bell said, “Obviously, we did lose, which wasn’t the best, but I feel like the things that we worked on we did execute pretty well. Leading up to the game we worked a lot on our team defense, sliding, communicating on who’s going to ball versus double teams or triple teams... And I think, considering how well Nobles’ offense worked together, that our defense did a good job executing the things we did practice. Our slides were good, I feel like we were communicating well, and well, I feel like while the score didn’t really reflect that, it was definitely like an upgrade to what we have been doing in the past.”

Lola Aguirre '26 highlighted the team’s high energy throughout the game, even when they were down by many goals. Aguirre pointed out that everyone celebrated and applauded when Charley Drouin '25 scored an amazing behind the back shot.

“We were all very energetic going into the game. We had a team meeting before talking about the types of energy we wanted to bring to the game and how we wanted to present ourselves. So, going into the game we were very energized and we kept that up even though we were down. For example, in the third quarter when Charley had a BTB (behind the back) shot, we all cheered and congratulated her for that. So, very energetic,” said Aguirre.

Bell believed that the team had difficulty transitioning the ball from defense to offense on Saturday and had some preventable turnovers. In addition, Bell thought that the team could work on offball movement on offense, creating space for teammates, and ultimately making better scoring chances.

Bell said, “We had a lot of trouble finishing our plays. We were able to make the plays on defense, pick up the ball, but then we would either make a bad pass and throw it out of

bounds or we would just not move the ball fast enough and we would get intercepted... [It] would cause these turnovers and then if we did make it all the way to offense we had trouble breaking through. They played a backer, which is basically when they have a double team always on ball, so I feel like we were doing a lot of ball watching and not being very proactive. We weren't cutting to the ball, we weren't making space. We clogged up the middle and that didn't help us make any goal scoring opportunities."

Although the team did not score a goal until the end of the third quarter, Aguirre noted the team's resilience and determination to score.

"The team... did a very good job keeping our heads up and keep playing because that's something that a lot of teams have trouble with when you're losing by that much and you haven't even made it onto the scoreboard. A lot of teams just quit and we didn't," said Aguirre.

Ellie Parker '25 described the team's performance against Deerfield as a well-rounded victory. She highlighted the team's connection on defense and offense, the strong energy, and the success of the draw team.

Parker said, "We played very controlled, together team defense which built well into our team offense. Our draw team did a great job working together to win the draws which were a key part of the team's success... We worked together super well and supported each other all over the field... the atmosphere was great, especially the sideline energy as we really hyped up everyone after every goal which was super fun. We held our composure really well. Deerfield was a strong team but we held possession of the ball during key parts of the game, and prevented them from setting up and getting any more chances than they did."

Moving forward, Aguirre says that the team will continue to build on its chemistry. In addition, they will study the opposing teams through film and get an understanding of what they should focus on in attack, defense, and teamwork.

"[That's] something that definitely remains in the front of our heads. Just having fun with each other... We have three games in the next week, Wednesday, Friday, Saturday, so in order to prepare for that, those games, since they're all different opponents, we're going to look at the films individually, analyze how they play, what set pieces do they have, what is their style of play on attack, how do they play defense, zone, backer, and what shots we could take against their goalie that will have a higher percentage, and we will work to play together," said Aguirre.

Girls Lacrosse will go up against Milton on Friday.

Aaron Huang

Apr 11, 2024

Girls Lacrosse: Not Going Down Without A Fight



Andover Girls Lacrosse faced off against Milton Academy, Pingree School, and St. Paul's School on Friday, Saturday, and Wednesday, respectively. Of these games, Andover took two wins against Milton and Pingree, ultimately falling by one to St. Paul's in double-overtime.

The team started off against Milton Academy on Friday. According to Neicia Smith '25, the game had a slow start, however with Andover's defensive prowess, it was able to end with good energy and explosiveness.

“We came out a little bit slow. They were up by three in the first couple quarters but then we started a chip at their lead. Our defense played really well and after we were able to make some defensive stops and put together some good plays we were able to take the game to overtime and come out with the win,” said Smith.

In the team’s next game, it took on Pingree team, ultimately winning 10-8. Neily Ware ’25 highlighted the competitive match up followed by Andover’s ultimate offensive success.

“The game against Pingree was definitely a competitive and exciting one. We were back and forth, they would go up, then we would go up. They were a talented team, and we knew that going into the game. We were just able to execute and we ended up with the win, so I think it was a good showing for the team. We had lots of energy on the field and from the bench and our players really came together,” said Ware.

On Wednesday, Andover had another tough matchup against St. Paul’s. This season, St. Paul’s has been averaging 12.4 goals per game, making them a prominent offensive team. Peyton Kennedy ’25 commented on the team’s unfortunate loss.

“The game was very back and forth. I’m pretty sure we ended a lot of quarters tied. They would score, we would score, we’d be down by two, we’d come back. There were just a lot of momentum shifts, making it very much a possession game. They were winning a lot of draws, but sometimes we just capitalized. We still ended up tied going into the end of the game and we just could not hold off them [St. Paul’s] in the end,” said Kennedy.

In these games, Molly Boyle ’25 played in a commanding role as the goalkeeper. Ware credited Boyle for serving as a strong base for the team’s defense.

Ware said, “I think recently, including the Milton game and our game against Pingree, Molly’s really been crushing it in goal. She’s stepped in, she alternates in spare time, so she’s stepped up a lot for us recently and has come up with some incredible saves. She has really been holding us down in the back and coming in clutch for the team.”

Blake Kennedy ’25 highlighted Co-Captain Lauren Herlihy ’25 for her offensive playmaking. Her goal against St. Paul’s helped shift team morale, contributing to Andover going into overtime.

“At the end of one of the quarters, maybe the third, Lauren scored this crazy goal from a sick pass from Neicia to then tie it up when we were down. She scored a buzzer beater which really was a momentum shifter because that whole quarter we were down by two points,” said Kennedy.

Looking forward, the team will focus on its next game, noted Kennedy. She explained how Andover will continue to execute a similar game plan to the previous week, while playing more aggressively on offense.

“Our next game is on Saturday against Choate. They are not a very strong team, so I think we will probably just play our same game and work on capitalizing on our attacks when we have possession. We have been working on new plays during practice, so we will probably run a few of those and maybe try out some new defensive sets,” said Kennedy.

On Saturday, Girls Lacrosse will face Choate.

Michael Williamson

Apr 19, 2024

Co-Captain Carly Hopkins ’24 Leads Girls Lacrosse With a Smile



Girls Lacrosse Co-Captain Carly Hopkins '24 leads Girls Lacrosse by creating a supportive environment for her teammates. She applauds each players' successes and encourages her teammates to do the same. Both on and off the field, Hopkins creates a space for her teammates to grow and thrive.

Hopkins noted that a supportive team can rely on each other on the field, which in turn translates into wins. She aims to create an atmosphere that encourages and pushes for teammates to cheer for each other, root each other on, and find ways to grow together.

"The type of leadership I strive for as a captain is to be super inclusive and to be super positive. I want everyone to feel like they have a place on this team and I want this team to be a super positive and supportive environment where everyone is cheering for each other and everyone is celebrating each other's success. I think that when you have a team that is super supportive it translates to being supportive on the field, and then getting those wins that we love to see," said Hopkins.

Gracynn Hartley '27 recognized Hopkins' supportiveness. She shared the positive impact celebrating each other and maintaining a positive aura has had on the overall team chemistry.

"Because of Carly's leadership, the team dynamic improves a ton because we are always celebrating our successes and creating goals we can all relate to. Some things I enjoy about her role as captain is her overall positivity. I've never seen her get down on herself or other people and she always has a smile on her face. I would say that Carly is a great teammate and captain. Everything she does inspires me to be better so I think she already embodies all of that positivity and inclusivity," wrote Hartley in an email to The Phillipian.

Quiana Bell '26 also highlighted Hopkins' ability to create a strong team bond by encouraging her teammates to be there for each other. Bell noted her ability to balance having fun while also staying focused.

"Carly does a great job of balancing the energetic [personality] to making sure we stay on track, on topic... because of her ability to shift from being that energetic, hype, funny person to being focused, and, 'This is what we need to work on.' I just think that her leadership has more forced team chemistry. The way she cheers people on and shows she's your biggest supporter, that makes all of us want to celebrate each other in the way she celebrates us," said Bell.

Hopkins shared that her position on the field helps her carry out her team player leadership style. As an attack, she is able to assist goals, and create space for her teammates on the field.

"I would describe myself as a player who wants to see everyone else succeed. I always strive to keep my head up. I play attack, so I strive to keep my head up and see the field, make space for other players when they are open, and get as many assists as I can. I just want to support my team, as a player, and as well as a captain," said Hopkins.

Hartley shared Hopkins' emphasis on working together as a team on the field and off. She also noted that Hopkins gives constructive feedback to help the team improve, addressing concerns immediately as they arise.

"I'd say Carly's biggest strength is her ability to commit to teamwork. She's so unselfish on the field with the ball and there to uplift everyone. The number one thing I look for in a leader is the ability to communicate concerns, and she does that. When she sees something that's going wrong, she isn't afraid to identify it in a timeout or break at practice," wrote Hartley in an email to The Phillipian.

Hopkins highlighted the unique relationship she has with her teammates. She noted that through cheering on the sidelines or getting excited before games, she sees the leadership she strives for and the values that she lives by reflected in her teammates.

“I see this leading with positivity reflected in my teammates definitely, especially when in hard moments of games when we’re down and we’re cheering for each other to get back up, or if someone makes a mistake and we’re just supporting each other, whether that’s screaming super loudly on the sidelines or getting super hype before games. My teammates and I are super super close, which makes it easy for us to be happy for each other, and get those wins we love to see,” said Hopkins.

Bell describes Hopkins as not only a great leader but a great friend as well. She highlighted Hopkins approachability and her ability to connect with her teammates outside of lacrosse. In practice, Hopkins is able to make practice interesting and engage teammates.

“She always looks for the fun parts of practice. She’ll make a mundane drill, something that’s exciting and new. She’ll have a conversation with everybody. I feel like whenever I’m playing defense against her, like we’re in line for a drill, I’ll always talk to her. She is just an easy person to talk to, such an easy friend to have. We’re always locker buddies, in the locker room, so it’s just a great dynamic there,” said Bell.

Madeleine Shin

Apr 26, 2024

Girls Lacrosse Co-Captain Shea Freda '24: High-Achieving Athlete, Infectious Energy and Diplomatic Leader

After recently breaking 300 career draw controls in her Andover career, Girls Lacrosse Co-Captain Shea Freda '24 is no stranger to success on the field. Through her outstanding play, strong ability to make big plays, and prominent leadership, Freda presents the perfect athlete for the role of Captain.

After an electric game where she managed to pick up her 300th draw control, taking control of the ball at the start of a play, her fellow teammate Neily Ware '25 commented on her huge milestone and the statistical achievement. Ware mentioned the difficulty of such an achievement as well as the importance of celebrating the moment.

“On Saturday, Shea got her 300th draw control which is the face off, as it controls the possession of the play for lacrosse. That was a huge accomplishment for her and it really just shows how she leads by example on the field, and how she leads our team. The milestone was extremely impressive and it’s awesome that we were able to experience it alongside her,” said Ware.

This success on the field has been long in the making. Freda began playing lacrosse early in her life. She spoke on the impact lacrosse has had on her in the decade she has spent on the field.

“The first time I remember starting to actually play was in Kindergarten, and I’ve just loved it ever since. I have made such amazing friendships with my teammates and have had great relationships with all my coaches over the years. Lacrosse has always been a really big part of my life,” said Field.

Teammate Lola Aguirre '26 highlighted Freda’s traits as a leader on the team. She spoke of her ability as a communicator and her high energy that gives the team drive. Not only that, Freda helps give individualized attention to all of the team members.

“She’s always there in practice and she’s always putting in her best work. She leads by example. She also talks to all of us and reaches out and lets us know she’s there for us. She is just a really inspirational figure and knows how to actively lead us and keep us together as a team,” said Aguirre.

Ware praised Freda’s leadership, speaking to her ability to command the team. She mentioned Freda’s energy and her ability to share the positive attitude to the entirety of the team.

“Shea is a very powerful and competitive leader. She always finds ways to get us fired up and excels in bringing energy to the team so we are able to be hype and competitive whether it’s at practice or in games. She always has a lot of energy and it’s very infectious to the rest of the team,” said Ware.

As Freda has developed as a Captain, she has figured out the leader she aspires to be. She brought up how she hopes to serve the team as a communicator and a friend throughout the season.

“One of my strengths is that I’m a very diplomatic person. I am able to make sure that many people’s voices are heard and I just try to be a friend, above all else, to all my teammates. I want someone to feel that they can come to me with anything and feel like they could approach me. Along with that, I feel like I want to be a voice on the field and feel like people can hear me talking and feel more comfortable. I aspire to be a good communicator of my game sense and my knowledge,” said Freda.

In the fall, Freda will be playing field hockey at Boston University.

Michael Williamson

Apr 26, 2024

Girls Lacrosse Dominates Draw Against Choate and NMH



Saturday 4/20 – Andover: 15, Choate: 6

Wednesday 4/24 – Andover: 15, NMH: 5

Girls Lacrosse (7-2) dominated in its games against Choate and Northfield Mount Hermon (NMH) this past week. The team implemented new plays and defensive schemes in practice during the week and had big performances from key players in preparation for a tough game against Dexter this Friday. Lucy Parker '26 mentioned how Shea Freda '24 hit a big milestone of 300 draw wins and stood out in both the Choate and NMH games at the draw. She also highlighted the draw as a general strength of the team.

“Shea stood out. She got her 300th draw win in the Choate game, and that was definitely a huge milestone for her. But also for everyone else, allowing her to come up with those draws. To allow her to achieve that was definitely huge. Against NMH, I think we had a very good, strong draw percentage. So that’s definitely impactful for a game,” said Parker.

Lola Aguirre '26 spoke on how the team worked on transition and defense in preparation for the game against NMH.

“Leading up to the game against NMH. We worked on shooting and our backer defense, as well as playing as a team through things like slow breaks, fast breaks, transition, and especially in defense,” said Aguirre.

Quiana Bell '26 shouted out Ellie Parker '25 as someone who stood out in the game against NMH despite the fact she just came back from an ACL injury last year. Bell mentioned how Parker applies herself in all aspects of the game.

"She's just coming back from an ACL injury last year. So this has been her first couple of games back out there. And I feel like she's done a really good job just stepping into more of a leadership role out there. She's always hustling back on defense. She's passing the ball, doing assists, getting goals. So I feel like she just has a really strong presence despite it being her first time coming back," said Bell.

In practice leading up to the NMH game, the team split up into defense and offense. The defense worked on zone defense while the offense worked on certain plays to run in specific situations that may arise in a game.

"We worked a lot, in our last couple practices, splitting up the team into offense and defense and the offense has been working a lot on our plays and running those situations and where we would run them and figuring out how to transition into those plays and how to utilize like our fast break and slow break opportunities. And in the defense we've been working a lot on a backer which is basically where it's a zone defense and there's always a double on the ball," said Bell.

On Friday, Girls Lacrosse will play Dexter Southfield.

Alexander Dimnaku

Apr 26, 2024

Who's to Stop Girls Lacrosse from Winning?



Friday 4/26 – Andover: 8, Dexter Southfield: 7

Saturday 4/27 – Andover: 24, Brewster 1

Wednesday 5/1 – Andover: 21, Dana Hall: 10

This past week, the Girls Lacrosse team achieved consecutive victories over Dexter Southfield, Brewster, and Dana Hall. Their success stemmed from maintaining a positive energy both on and off the field and diligently practicing their plays. This allowed the team to leverage their exceptional talent and capitalize on multiple opportunities, leading to wins in all three games.

After its loss to Dexter Southfield last year, Lucy Parker '26 discussed how the team dedicated themselves to intensive practice throughout the week, concentrating on improving communication and speed. Parker also shared the team's mindset, emphasizing their determination to avoid a repeat of last year's outcome.

"We just wanted to win. We lost to Dexter last year and it was a really close game. So we didn't want to have that kind of experience this year. I think we were all confident going into it. We were confident in our abilities to beat them. So it was definitely good," said Parker.

Parker highlighted the team's resilience and discipline during the game, particularly when Andover received three cards in the first quarter. She also stressed the significance of maintaining composure, noting that receiving four cards in a game would result in the team losing a player on the field for the remainder of the game.

Parker said, "We had to play really smart, and composed, and not fouling and making stupid fouls on defense or offense. So just responding to that situation and just fixing our playing style to make sure we did not go down a player was definitely crucial."

Parker commended Molly Boyle '24 for executing several challenging but pivotal saves during the game. With the score fluctuating dramatically, whether Andover was up by a point or the game was tied, Parker pointed out how Boyle's numerous timely saves were vital to the team's success, particularly in moments when time was running out.

"They ran kind of this one play a lot of times where they would pull a defender kind of inside in this girl would come flying off the elbow... That's just a hard shot to save when she's coming with speed and being able to beat her defender. It's Molly just being there and saving it is huge because, in lacrosse, it's hard to save those shots anyway," said Parker.

Dylan Siegel '26 reflected on the Brewster game on Saturday, noting that it followed closely after Friday's intense matchup against Dexter. Siegel discussed how the close game against Dexter Southfield served as excellent preparation for Andover's subsequent game against Brewster, ultimately contributing to a significant victory.

Siegel said, "I think we were a little tired, but we definitely brought our A game on Saturday... The team's mentality was great. We always have a ton of energy. We always play a lot of really hype music in the locker room before. And we were all just really excited to come out and play together. It was a really pretty day. It was really sunny and nice outside. So, it was just a lot of fun, great team energy."

Siegel praised her teammates, Autumn Christian '27, Carly Hopkins '24, and Lola Aguirre '26, for their impressive behind-the-back goals. She highlighted how, throughout the game, the entire team continually supported each other, driven by their motto "Leaving Better," which fueled their enthusiasm and team spirit.

Siegel continued, "We just focus on building each other up and some people scored for the first time, or, yeah, just really cheering for everybody. We had some really good celebrations on the sideline. Always encouraging each other and building each other up instead of telling people what they did wrong. But just focusing on the now and not focusing on what happened in the past or if somebody made a bad play,"

Maren Boyle '26 discussed last Wednesday's game against Dana Hall. Following their recent victories over Dexter Southfield and Brewster, Boyle mentioned that the team was eager to face a new opponent and showcase the skills they had honed in the previous week's training. "We've been working really hard at practice, and getting better off the last game... We have been working on our transition from defense to attack, and to the midfield and just doing drills like that at practice," said Boyle.

Girls Lacrosse will play against Austin Prep at home on Saturday.

Theo Wei
May 3, 2024

Girls Lacrosse Falls in Prep Cup Semifinals, Beats Brooks in Tough Matchup

5/18 Andover: 9 Dexter Southfield: 8

5/19 Andover: 11 Sacred Heart Greenwich: 17

5/22 Andover: 17 Brooks: 16

On Saturday Girls Lacrosse played #5 Dexter Southfield in the Prep Cup Quarterfinals, winning by one goal. The team then lost against #1 Sacred Heart Greenwich in the Prep Cup Semifinals. On Wednesday, Girls Lacrosse beat Brooks in a close game.

In Saturday's game, the team found strength in its camaraderie and spirit, despite being down scorewise. Gracynn Hartley '27 highlighted the team's supportive culture.

Hartley said “The strength of our team and the game is that no matter what situation, we’re always staying hyped. Especially on the sidelines and everything and throughout the game. Everyone’s always just hyped up and we’re all hyping each other up no matter what’s going on. If someone’s having a down game, there’s always someone to lift them up, and everyone’s just always there for each other. It’s a good team dynamic.”

Despite the loss, the team brought energy to the game on Saturday at Dexter Southfield School. Dylan Siegel ’26 highlighted the team’s high energy throughout the game.

Siegel said “The atmosphere was really great, and there was a lot of energy, and everybody was just supporting everybody else. And it was a lot of fun to be at the game because our energy just made everyone really excited to be there, and even though we lost we were all in good spirits throughout the game.”

Lola Aguirre ’26 shared that leading up to Wednesday’s game against Brooks, the team worked to utilize the whole field and every player.

Aguirre said “Leading up to the game we worked on playing as a team. It is really important for us to play together and use the entire field, so we worked a lot on that, especially going into this game. We knew it would be a tough matchup, so we had to really come together. We also worked on set plays which helped us to have more of a plan in some situations in the game.”

Aguirre emphasized Co-Captain Lauren Herlihy ’25 for her impressive performance. Not only did she create scoring opportunities for other players, she scored the goal that tied the team with Brooks after being behind for most of the game.

Aguirre said “Lauren had a great game, she was super tough on offense. She created a lot of great plays where we were able to score goals and she ended up scoring the goal that tied us with Brooks since we were losing for a while. She really put us in [a] position to be able to pull away in the end and take the win.”

Wednesday’s game featured temperatures close to 90 degrees, which was far hotter weather than they had previously played in. Aguirre shared that the heat was a challenge, but the team was able to overcome it, staying close to Brooks the whole game.

Aguirre said, “Overall the game went really well. It was a super competitive game and the whole time we were neck and neck with the other team. It was a super hot day, almost 90 degrees and sunny the entire time. We haven’t practiced in weather at all close to as hot as it was today so the heat was definitely a challenge but we were able to work through it really well.”

Girls Lacrosse will play against Phillips Exeter Academy at home on Friday.

Anya Budzinski

May 24, 2024

Varsity Softball

2024

Coach: Lindsay Maroney

Assistant Coach: Georgia Rex

Captains: Emerson Buckley & Maris Moody

Managers: Jack Swales & Sophie Dandawa

Overall Season Record

Win	Loss	Tie
12	4	0

Letter Winners: Emerson H. Buckley, Angelique Ceballos Cardona, Sophie N. Dandawa, Ava B. Davey, Kaliah J. Fortune, Rihana M. Gomez, Madison E. Hugo, Myla R. Mexico, Maris L. Moody, Gabriella S. Potter, Anaya A. Qamar, Isabelle A. Quito, Ashley N. Schuman, Amanda C. Shim, Lillian P. Stephenson, Jack D. Swales, & Evie M. Wood

Award Winner: Wennik Award – Madison Hugo

Varsity Softball

2024 Schedule and Results

Sat	03/30/2024	Softball V	Gr. Lawrence Tech	A	10:00 AM			
Wed	04/10/2024	Softball V	Noble & Greenough	H	3:45 PM	0-3		L
Sat	04/13/2024	Softball V	Lawrence Academy	H	3:00 PM	17-4	W	
Wed	04/17/2024	Softball V	St. Paul's	A	3:30 PM	1-0	W	
Sat	04/20/2024	Softball V	SPS	H	11:30 AM	2-3		L
Thu	04/25/2024	Softball V	Concord- Carlisle	H	4:15 PM	16-4	W	
Sat	04/27/2024	Softball V	Austin Prep	H	1:30 PM	11-0	W	
Wed	05/01/2024	Softball V	Exeter	A	3:15 PM	3-0	W	
Fri	05/03/2024	Softball V	Cushing	H	5:00 PM	5-1	W	
Sat	05/04/2024	Softball V	Worcester	H	3:15 PM	8-0	W	
Wed	05/15/2024	Softball V	Concord- Carlisle	A	3:45 PM	7-1	W	
Sat	05/18/2024	Softball V	Big East	H	9:00 AM	3-5, 8-2	W	L
Sun	05/19/2024	Softball V	Big East	H	9:00 AM	6-5, 0-1	W	L
Wed	05/22/2024	Softball V	Brooks	H	2:45 PM	4-1	W	
Sat	05/25/2024	Softball V	Exeter	H	2:00 PM	11-0	W	



Phillips Academy Softball 2024

<u>No.</u>	<u>Name</u>	<u>Yr.</u>	<u>Hometown</u>
2	Emerson H. Buckley *	2025	Methuen, MA
3	Evie M. Wood	2025	Andover, MA
4	Amanda C. Shim	2025	Vail, CO
6	Madison E. Hugo	2025	Boxford, MA
8	Isabelle A. Quito	2025	Ossining, NY
9	Anaya A. Qamar	2026	Costa Mesa, CA
11	Angelique Ceballos Cardona	2025	Lawrence, MA
12	Ava B. Davey	2025	Andover, MA
13	Myla R. Mexico	2027	Baldwinville, MA
14	Kaliah J. Fortune	2026	Brampton, ON
15	Maris L. Moody *	2024	North Andover, MA
19	Rihana M. Gomez	2026	Salem, NH
22	Ashley N. Schuman	2027	Bedford, MA
27	Lillian P. Stephenson	2026	Boston, MA
33	Gabriella S. Potter	2027	Lawrence, MA

* Captain

Head Coach: Lindsay Maroney

Assistant Coach: Georgia Rex

Managers: Sophie Dandawa '25 & Jack Swales '24

Varsity Softball Highlights

APRIL 10, 2024

Softball GV vs Noble & Greenough

L 0-3

ANDOVER BATS SILENT IN LOSS TO NOBLES, 0-3

Despite a strong debut from pitcher Ashley Schuman '27, where she struck out 11 over 7 innings, Andover was on the losing side of the pitching battle. It was a tough day at the plate, with only 3 hits, and the team was unable to capitalize with runners in scoring position. Myla Mexico '27 and Gaby Potter '27 collected their first hits of their Andover careers, with Ava Davey '25 having the only other hit on the afternoon.

APRIL 13, 2024

Softball GV vs Lawrence Academy

W 17-4

ANDOVER BOUNCES BACK IN WIN VS. LAWRENCE ACADEMY, 17-4

Andover found its rhythm on offense, collecting 17 runs on 14 hits, and Myla Mexico '27 recorded her first career win in the pitcher's circle. Rihana Gomez '26 smashed her first home run of the season, one of two hits on the day, and Emerson Buckley '25 was a perfect 3-for-3 with a triple and double. Mexico, Ashley Schuman '27, and Gaby Potter '27 each had two hits on the day, with Maris Moody '24, Madison Hugo '25, and Evie Wood '25 collecting a hit apiece.

APRIL 17, 2024

Softball GV vs St. Paul's

W 1-0

ANDOVER WALKS OFF IN EXTRAS VS. ST. PAUL'S, 1-0

On a day with 4 combined hits, Andover found a way to win in the bottom of the 8th inning. Standout pitcher Ashley Schuman '27, who only allowed one hit and struck out 11 on the day, drove in the winning run on a sacrifice fly with one out in the 8th. Angie Ceballos Cardona '25 tagged up from second on the play and scored with smart and aggressive base running, Evie Wood '25 had a pair of hits, with Emerson Buckley '25 collecting the only other.

APRIL 20, 2024

Softball GV vs St. Paul's

L 2-3

ANDOVER FALLS SHORT TO ST. PAUL'S, 2-3

In a same-week rematch, Andover fell short in another tightly contested match. Pitcher Ashley Schuman '27 only allowed 3 runs and struck out 7, while also collecting a pair of doubles. Rihana Gomez '26 was responsible for both runs scored, with a 2-run home run. Myla Mexico '27 and Madison Hugo '25 had the other two hits on the day.

APRIL 25, 2024

Softball GV vs Concord-Carlisle

W 16-4

ANDOVER BATS COME ALIVE VS. CONCORD-CARLISLE, 16-4

Pitcher Myla Mexico '27 did not allow an earned run in the contest and supported her own cause with 2 RBIs. Ashley Schuman '27 led the way offensively with 3 hits and an RBI on the day, with Emerson Buckley '25 and Ava Davey '25 both collecting 2 hits and an RBI apiece. Maris Moody '24, Rihana Gomez '26, Madison Hugo '25, and Gaby Potter '27 all recorded hits on the day.

APRIL 27, 2024

Softball GV vs Austin Prep

W 5-0

ANDOVER SHUTS OUT AUSTIN PREP, 5-0

Ashley Schuman '27 pitched a complete game shutout, striking out 12, while also collecting 2 hits on the day. Myla Mexico '27 had 3 hits and 2 RBI. Emerson Buckley '25, Ava Davey '25, and Angie Ceballos Cardona '25 each had a hit apiece, with Cardona batting in a run. Rihana Gomez '26 and Madison Hugo '25 recorded an RBI each.

MAY 1, 2024

Softball GV at Exeter

W 3-0

STRONG PITCHING LEADS ANDOVER TO VICTORY VS. EXETER, 3-0

Pitcher Ashley Schuman dominated on the mound, striking out 13 and allowing only 1 hit on the day. Emerson Buckley '25 had a pair of RBI singles, with Madison Hugo '25 also batting in a run. Angie Ceballos Cardona '25 had a double and a single on the day, with Ava Davey '25 and Schuman each collecting hits.

MAY 3, 2024

Softball GV vs Cushing

W 5-1

ANOTHER DOMINANT PITCHING PERFORMANCE LEADS ANDOVER TO VICTORY, 5-1

Pitcher Ashley Schuman '27 struck out 11 and allowed only one unearned run, while also recording a hit on the day. Emerson Buckley '25 went 2-for-2 with an RBI in the day, while Gaby Potter '26 had an RBI single. Madison Hugo '25 had a well placed bunt for a base hit, which sparked a 2-run inning.

MAY 4, 2024

Softball GV vs Worcester

W 8-0

ANDOVER CAPTURES 6TH STRAIGHT WIN VS. WORCESTER, 8-0

Andover followed up last night's strong performance with another win and dominant start by pitcher Ashley Schuman '27. Schuman allowed only 2 hits over 5 innings, striking out 6. Emerson Buckley '25 was a perfect 3-for-3 at the plate with an RBI, with Madison Hugo '25 collecting 2 hits and an RBI on the day. Rihana Gomez '26 hit a 2-run double that just missed going over the fence, with other hits on the day by Angie Ceballos Cardona '25, Ashley Schuman '27, Gaby Potter '27, and Maris Moody '24.

MAY 15, 2024

Softball GV at Concord-Carlisle

W 7-1

STRONG PITCHING LEADS ANDOVER TO VICTORY OVER CONCORD-CARLISLE, 7-1

Despite giving up a lead-off home run, Andover's pitching duo of Myla Mexico '27 and Ashley Schuman '27 held Concord-Carlisle to only 3 hits and 1 run on the day. Rihana Gomez '26 collected her 4th homer of the season on one of her two hits, while Emerson Buckley '25 had a double, triple, and a pair of RBIs. Ashley Schuman had a pair of hits, including a triple, and Myla Mexico tallied two, as well. Madison Hugo '25 and Ava Davey '25 also collected hits on the day.

MAY 22, 2024

Softball GV vs Brooks

W 4-1

ANDOVER BOUNCES BACK VS. BROOKS, 4-1

After a heartbreaking 1-0 loss to Brooks in the Big East semifinals, Andover exacted revenge. Despite giving up an unearned run in the first inning, Ashley Schuman '27 pitched a gem. She allowed only 3 hits and struck out 9 over 7 innings, while also recording a hit and run scored. Emerson Buckley '25 continued her season-long hot streak, collecting a pair of hits. Rihana Gomez '26 came up big, knocking in a run on a fielder's choice and lining an RBI double to left field.

MAY 25, 2024

Softball GV vs Exeter

W 11-0

ANDOVER FINISHES SEASON STRONG VS. EXETER, 11-0

In the season finale, Andover secured the win with another solid performance from pitcher Ashley Schuman '27. Schuman finished with 9 strikeouts and allowed only 2 hits in the shutout. Maris Moody '24 finished her Andover career with a flourish, collecting a pair of hits and an RBI. Emerson Buckley '25 capped off a great season with 2 hits, 2 runs scored, and an RBI, with Madison Hugo '25 also collecting 2 hits and an RBI on the day. Angie Ceballos Cardona '25, Ava Davey '25, and Gaby Potter '25 all had hits on the day.

Varsity Softball In The News

Girls Softball Triumph in Scrimmage Against Greater Lawrence Technical School

Saturday 3/30 – Andover: 16, Greater Lawrence Technical School: 1

Andover Girls Softball traveled to Greater Lawrence Technical School (Greater Lawrence Tech) on Saturday for the start of its unofficial season. The team took the win in the scrimmage against Greater Lawrence Tech, beginning the season on a high note.

Going into the game, the team was excited to get out on the field after all of the hard work they put in during pre-season. Anaya Qamar '26 emphasized the team's energy and the lower-stakes feel of the game.

Qamar said, "The game was our first scrimmage, so it was very much like everyone was super excited and hyped up to finally play a game since our pre-season. But, also I think since it was a scrimmage, everyone was also very easygoing about it, and it wasn't a super stressful environment."

According to Co-Captain Maris Moody '24, leading up to the game, the team has been focused on building up its defensive side as opposed to hitting which is traditionally a big focus in practices.

Moody said, "In practice, we've been working a lot on our fun and slap defense in first and third base so I'd say that we've been working pretty hard defensively we practice hitting every single day, and hitting is one of

[the] things that we've been working on since preseason but I would say that we're focused more on the defensive plays right now."

However, the team still kept up its strength in hitting and offense during the game. Qamar highlighted how the team gained traction as the scrimmage progressed.

Qamar said, "One of our main strengths was our offensive side and our hitting... In the beginning, we started off a little bit slow, but by the end, everyone was hitting off the pitchers, and we were all moving our runners really well and doing a good job on the bases."

According to Myra Mexico '27, communication was another key element contributing to the team's success. It helped the players understand what was going on and support one another.

Mexico said, "We already have a good teamship in a way, so I feel that overall we all work very smoothly [together]. Communication is crucial when people are stealing... [like] when the people in the field or even people in the dugout who aren't playing scream what people are going to do. That [also] helps the catcher know that people are going, that the base arms are going."

Moody detailed what the team is looking forward to as it prepares for the start of its official season.

Moody said, "For our upcoming games... we want to work more on our hitting strength. Since we've only been playing scrimmages, we haven't been playing our regular roster... [and] haven't seen a lot of great pitching. I think that when we get into our regular season we're going to start seeing some better pitchers, and we're going to start having some better hits and that will allow us to work on base running."

Girls Softball will play at Tilton School on Friday.

Anya Budzinski

Apr 5, 2024

Softball Coach Lindsay Maroney '07 Leads Softball With a "Hands-On" Approach



Softball Coach Lindsay Maroney '07 was a starter for the softball team during the entire four years she attended Andover. While she still holds seven Andover Softball season records, as a coach, she now leads the team with an emphasis on inclusion and building player experience. She strives to maximize each athlete's opportunities to play in and learn from real games. By actively joining the players during practice, Maroney shares her softball prowess with the team.

Maroney noted that while she has had many different softball coaches each with their own unique coaching styles, one trait they all shared was their genuine concern for the players. As a coach, Maroney hopes to mirror the guidance she received from influential coaches in her own softball career.

"I first started playing softball when I was in the 7th grade (I played baseball before then). I was grateful for the coaches I had, and while they were all different in terms of style and personality, the care they had for their players was consistent across the board. I identified with their competitiveness, but I appreciated their help beyond just the game. I am hoping to do the same with the players I coach," wrote Maroney in an email to The Phillipian.

Co-Captain Maris Moody '24 highlighted Maroney's extensive knowledge of the sport. She shared that through team huddles and practicing alongside the team, Maroney takes a "hands-on" approach to coaching.

Moody said, "Coach Maroney is pretty straightforward with her coaching. When we do our huddles, she is very quick to tell us what we need to work on and what we can improve on, so I would say that she's pretty hands-on. She's always telling us what we can and what we should be doing. As for practice, she's pretty hands-on as well. She basically practices with us. That's a really cool role for her to play as a coach."

Maroney shared that she aims to teach players that their mistakes can be used to improve and that the definition of success can vary. She emphasized the importance of having a strong support network in softball.

"I did find it challenging to move on from my own mistakes, but I also found it rewarding when my teammates picked me up, either through their words or play on the field. I try to let the players know that their errors don't define them as a player (or person). Mistakes are going to happen, especially in this sport where being successful might look like getting a hit only 3 times in 10 at bats," Maroney wrote.

Moody highlighted Maroney's ability to apply her expertise to the team while also allowing the Co-Captains to step up and assist in creating a positive team atmosphere.

Moody said, "Coach Maroney was a college softball player in her prime. She played at UMass [The University of Massachusetts]. She just knows she knows a lot about the sport. We've had coaches in the past who are a lot more focused on the team atmosphere and what they can do to make sure that everyone is having a good time and being a good sport. I think that Coach Maroney takes on the softball lead, and Emerson and I, as captains, build the team atmosphere around her softball knowledge. Bringing her expertise to the table is what she does best."

Maroney strives for balance and inclusivity while also curating a lineup that will ultimately help the team do well. She emphasized repetition as a useful tactic to help the team stay disciplined and committed to improving.

"I'm certainly not perfect, but I try to be fair and open to conversations and feedback from anyone on the team. My goal is to give everyone opportunities to learn and play, but it is also to put together a lineup that will lead to the team's success. Practices are our learning opportunities. If we struggle with a drill, we'll keep at it until things start falling in place. The repetition isn't to frustrate but to show that everyone is capable of doing [what] we have set forth," wrote Maroney.

Madison Hugo '25 shared that despite Softball's large team of 15 players, Maroney ensures that everyone gets their chance to enjoy playing.

Hugo states, "Softball has been a really large team the entire time I've been here. I think it's hard to manage the amount of people that you have on the team and try to be equitable to that amount of people. I admire how she strives to give everyone an opportunity to play in the game when it is possible and when it makes sense. Throughout the seasons, what I've seen is that Coach is willing to put people in different places and try things out."

Maroney noted that off-field successes matter just as much as on-field ones. She urges players to look beyond just the results and focus on creating meaningful bonds with their teammates.

"I hope everyone on the team enjoys the time they spend together on the field, as well as off. The relationships they build with their teammates will last longer than a result of a single game. While winning is nice and can make everything seem easier, it is a definition of the season's success," wrote Maroney.

Lily Williamson
Apr 5, 2024

Angie Ceballos-Cardona Represented the National Dominican Republic Softball Team in the Pan-American Championship



Angie Ceballos-Cardona's '25 softball journey transcends Andover's diamond. With 18 teams competing in the Pan American Championship, the continental qualifier for the U-18 World Baseball Softball Confederation World Cup (WBSC), Ceballos-Cardona played for the National Dominican Republic Team. From her roots in the Dominican Republic to her aspirations on the global stage, Ceballos-Cardona's narrative weaves through the ups and downs of elite competition, the cultural bond of the sport, and the unyielding support of her family.

Ceballos-Cardona explained how softball is not only one of her passions, but a sport that is closely tied to her culture, reflecting her Dominican heritage. It has helped her foster deep connections within her family and community, while instilling self-assurance.

Ceballos-Cardona said, "I am Dominican, and it is a really big part of who I am. Being Dominican means I am very involved in baseball and softball. I started playing t-ball when I was younger but started playing travel softball five years ago. From there I found love in the game. It is a part of my culture, I connected with my father through the game, and it has been him and I and my family throughout the years. I really love playing, it gives me a lot of confidence and it inspires me."

Two years after beginning her club journey, Ceballos-Cardona became a member of the Rip City 18U Gold National Team. She recounted how this transition represented a pivotal moment in her softball journey, enhancing her abilities and challenging her to perform at the highest level.

“I have played with Rip City for the past three years. It is my first time being on the 18U gold national team. If I were to describe the team, I would say it is very competitive and a team meant to bring a group of girls together with the goal of getting recruited to play in college. Everyone is very hardworking, resilient and competitive when we are playing other teams and also with each other, we make each other better every single day,” said Ceballos-Cardona.

Ceballos-Cardona highlighted her father’s influence on her journey, highlighting the bond they share from their mutual love for softball.

“My father has definitely been my biggest supporter. He never misses a game. He practices with me, he has taught me everything I know. He not only has helped me with the physical side of the game but also the mental side of the game. He is always there to reel me back in when I lose my way. We have grown so close because I play softball, so he is now my best friend,” said Ceballos-Cardona.

Reflecting on her trip to Colombia with the National Dominican Republic Team, Ceballos-Cardona emphasized that the trip allowed her to reconnect with softball on a mental level, while firing her competitive spirit.

“I met amazing people along the way, we played amazing teams from around the world. We have played the best of the best, so going to war with these girls meant a lot to me and taught me a lot. Before coming on this trip to the Pan-American tournament with the Dominican team, I was struggling a bit with the mental side of softball, but on this trip I felt really healed and inspired by not only my teammates but also my coaches, and everyone who was rooting for us back home,” said Ceballos-Cardona.

Ceballos-Cardona continued, sharing how the time with the team resonated deeply with her identity and passion for the game.

“I am pretty speechless about my experience with the Dominican National Team. They are an amazing group of girls, they are amazing people most of all, but it’s such a talented team. I feel like my energy and passion for the game sometimes is not shared with my teammates. When I came to play with the Dominican National Team, I felt at home and like I was playing alongside girls who had that same energy and passion and understood what it meant to be Dominican, or Hispanic, or Latinx,” said Ceballos-Cardona.

Ceballos-Cardona reflected on her most memorable match against Mexico, highlighting their performance. Out of the 18 teams, Mexico landed the Bronze Medal in the Pan-American Championship, highlighting its competitive nature.

“My favorite game thus far has been our game against Mexico. Mexico is one of the strongest teams out of all these countries, and they have such a talented and amazing team and they also play with a lot of passion and fire. Overall it was a really great game and really good to be able to compete against them,” said Ceballos-Cardona.

As she navigates the next phase of her athletic career after participating in the biggest international youth softball competition, Ceballos-Cardona commented on her aspirations and opened up on the recruiting process.

Ceballos-Cardona said, “I am in the middle of the recruiting process right now. The next step for me is committing to a college for softball. I really want to go to a high academic school, carry over the educational opportunity I have had here at Andover over to a great college that will set me up for a great career. The plan has always been to use softball as an outlet to not only represent myself but also to pursue a higher education, so that is my main priority right now.”

Henry Snow

Apr 11, 2024

Softball Falls in First Official Game of Season



After a long week of canceled games due to weather, Girls Softball played its first home opener game against Noble and Greenough (Nobles), ultimately falling. Going into Wednesday's game, the team had only played during its preseason and one scrimmage. Co-Captain Maris Moody '24 shared that despite the loss, given the circumstances, the team performed well.

"[Nobles] won, but it was a good game, with all things considered. And by that I mean we have a pretty spaced-out schedule, so we haven't played a game since our scrimmage last week against a pretty interesting team. They weren't very good, but we hadn't played a game in a week, and then before that, we only played in Florida. So our schedule's been pretty spaced out," said Moody.

Ashley Schuman '27 recognized the importance of critical moments in the game, mentioning opportunities both on offense and defense. Despite some setbacks, she praises her team's ability to rebound and make impactful plays.

"There are always going to be crucial moments in every game. We had some base runners in scoring position while at bat, and we had some important baserunners on while in the field. Not every play went our way today, but we did a great job of bouncing back and making some really great plays all around," wrote Schuman in an email to The Phillipian.

Myla Mexico '27 highlighted the team's ability to bring up the energy and keep a consistent effort throughout games. She also noted the importance of feedback from coaches and each other.

"Everyone knows how to pick each other up and makes sure everyone is doing their best. Also taking feedback well to help people improve to make the team even better," wrote Mexico in an email to The Phillipian.

Although Andover was not able to accomplish home runs, Moody points out that the team was still able to execute some impressive hits that created movement along the field.

Moody commended teammates Ava Davey '25, Emerson Buckley '25, and Gaby Potter '27 for their hitting. Although the team wasn't able to put any points on the scoreboard, it was still able to hit and move runners. "I would say people like Ava Davey, Gaby Porter, Emerson Buckley all strung together these hits so that we could move runners and get around the bases, just we couldn't unfortunately get anyone across home plate and we couldn't score," said Moody.

Schuman highlighted the team's communication and support skills. She shared that everyone takes feedback well and is always looking to do better.

"We communicate well. Everyone knows how to pick others up when their down, we know how to listen to each other while on the field, we take feedback very well always looking to improve and of course there are always things that we can improve on, but I think we played a tough game today and this game will only help us further into the season," Schuman wrote in an email to The Phillipian.

According to Moody, the atmosphere of the event was high with such a big home crowd and walk up music. Looking ahead, the team expects improvements specifically in its offense.

"We had plenty of fans come to watch this game. We also do walk up songs and music in between to keep things lively, but it wasn't really necessary with such a big crowd. And then going into our Friday, Saturday games this week, I think that we have big things to expect from us, especially off of our bats. Offensively, we're going to have to do a lot better than we did today. Not that we did bad necessarily, but I just think that we have bigger things that we can do," said Moody.

Madeleine Shin
Apr 11, 2024

Softball Scores First Two Victories of the Season



4/13 Andover: 17 Lawrence Academy: 4

4/17 Andover: 1 St. Paul's: 0

Softball (2-1) secured its first two wins of the season. It competed against Lawrence Academy (Lawrence) on Saturday and St. Paul's on Wednesday. After many canceled games at the beginning of the season, the team has now started a two-game winning streak.

Going into the game against Lawrence the team put an emphasis on improving its communication and consistency. Madison Hugo '25 noted the impact those have on the team's ability to bounce back from in-game mistakes.

Huge said, "I would say communication was the main thing. Our coach has us do a bunch of drills at the start of our fielding practice, so we try to throw the ball around and get to as many passes as we can, which can be frustrating at times if you make a mistake. It can also be a little stressful since you don't want to make a mistake and be the first to break the streak, but I think that also really helps us because when we do make errors, or when things don't go our way. It's really helpful to just have to break it down and pick ourselves back up, which I think has been helping out ability to regain momentum in the game."

Angie Ceballos Cardona '25 shared that during the season opener, the team struggled to take advantage of every opportunity that was presented to it offensively. In this game, the team was able to score many runs, leading to its first victory of the season.

"This game, we were really trying to focus on capitalizing on opportunities that we had to score runs. That's where we were kind of lacking our first game. In the end, we hit a lot this game, and we scored a lot of runs. Our main goal was to put runs on the board to support our pitchers who have been pitching really great thus far for us," said Ceballos Cardona.

Co-Captain Emerson Buckley '25 discussed some shortcomings in the game on Wednesday against St. Paul's. Although the team won, Buckley shared areas for improvement offensively.

Buckley said, "Our defense was amazing. We definitely should've put more runs up, but we executed when it mattered. Overall our offense does need to step it up, but I'm confident that it will come with time and practice."

Although Buckley shared that the team has room to grow on offense, she described how its work on defense paid off.

"We've been working really hard on defense and staying composed in the field, which I think definitely translated. It's nice to see the work we are putting in show up in important moments like these," said Buckley. Moreover, Buckley applauded Ashley Schuman '27 for her performance and leadership on Wednesday. In addition to her impressive pitching, Schuman secured the win for the team with her hit.

Buckley said, "Ashley Schuman had an amazing game. She pitched a shutout and hit the game-winning walk-off. Ashley is a freshman, and she carries herself like a leader on this team. I'm consistently impressed by her."

According to Ceballos Cardona, the team will continue to work on its confidence. She highlighted its importance in a sport like softball.

"This upcoming week, we have a few tough games, so we're just going to focus on playing together, communicating, and playing with the same confidence that we did this past Saturday. Confidence is a really big part of our sport, and that can make a really big difference in games, so we're just going to keep working on that. We've been working really hard on and off the field," said Ceballos Cardona.

Softball will play against North Reading High School on Friday and Choate on Saturday.

Aaron Huang
Apr 19, 2024

Girls Softball Faces Tough Loss but Finds Triumph in Teamwork and Tenacity

Saturday 4/20 – Andover: 2, St. Paul's: 3

Girls Softball (2-2) found its way to a win in the bottom of the eighth inning in their game against St. Paul's last Wednesday. However, in another challenge against the school this past Saturday, Andover fell short. Despite losing to St. Paul's, Gabriella Potter '27 noted how proud she was of the team's performance. She described how the team worked together very well and held each other accountable.

"We played amazing, even though we didn't win, which is completely fine. I felt like the dynamic of our team has been really good since we started, and we all performed our best, tried our best for each other, and kept each other's heads up," said Potter.

According to Isabelle Quito '25, the team experienced some exciting highlights throughout the game, including two home runs, one of which was hit by Rihana Gomez '26.

Quito said, "We did lose, but we had great moments. Rihana hit a home run, which as always, we predicted that. Also, at the very end, the energy just kept building, and we were so excited, and I think we really excelled in that part as a team."

Ava Davey '25 also highlighted Gomez's home run as well as a catch made by Madison Hugo '25. Both of these moments led to increased excitement on the field.

"Rihana Gomez hit a home run to make it three and two, which was awesome for us. One other moment that was really exciting was Mads had a great catch in the outfield that was right near the fence, and it ended the inning, which was awesome as well," said Davey.

Potter described how the team's communication was reassuring, with everyone actively working together to improve and achieve success.

"Our communication is getting better. We just started the season together, and I know, from a catcher's standpoint, and my pitchers', we've had a lot of communication of what we feel comfortable with doing that day and navigating ways to find a middle ground where we're both feeling like we can do this. I also think every time we're in a circle after an inning, we just talk about what we need to work on and what we're doing well. It's always just really reassuring to know that your teammates see what you can do better, and we're all just going to work better overall," said Potter.

According to Davey, the team worked on situational drills, including outfield plays and batting timing. She noted that the positive impact of these practice sessions on the team were visible in the game.

Davey said, "We worked a lot on kind of live situational things in practice. So, balls getting hit to the outfield, plays within the infield, and we worked a lot on hitting and our timing for hitting, so I think that really helped us in the game."

Quito anticipated that the team will continue to focus on maintaining their spirits throughout games, regardless of the score.

"We're going to work a lot more on anticipating the ball, but also on keeping up the energy. I know at the beginning, it was kind of eh, but at the end, we got really hype, and I think we could benefit from having that kind of hype energy full time," said Quito.

On Saturday, Girls Softball will play Austin Preparatory School at home.

Robert Swan

Apr 26, 2024

Girls Softball Shuts Out Opponents With Three Consecutive Victories

Saturday 4/27 – Andover: 5 Austin Prep: 0

Saturday 4/27 – Andover: 11, Austin Prep: 0

Wednesday 5/1 – Andover: 3 Exeter: 0

Girls Softball (5-2) went up against Austin Preparatory School (Austin Prep) in a double header on Saturday and against Phillips Exeter Academy (Exeter) in an away game on Wednesday. Andover won all three games, scoring a total of 19 runs while Austin Prep and Exeter both scored 0.

With two back to back wins, Anaya Qamar '26 expressed her excitement about Saturday. She noted that after the team's slow start to the first game, Andover came back strong and ultimately won both games.

“We did very well overall, but we could definitely see that in the first game, we started off a little slower, and then we began to pick it up in the second one. Everyone played really well, especially because everyone was able to hit super well and keep the energy high throughout the game,” said Qamar.

Girls Softball focused on taking advantage of its winning opportunities on Saturday. Angie Ceballos Cardona '25 praised the team's significant improvement in hitting and scoring. She mentioned how after the team's challenges with this in the past, the two games on Saturday demonstrated the team's hard work.

“Something that was really important for us was to score or hit when there were runners in scoring position. That's something we've been working on a lot and something that we've struggled with in the past, so we did a really good job on capitalizing with opportunities that we had to score some runs,” said Ceballos Cardona. Cellabos Cardona additionally shouted out Gabby Potter '27 for her position as catcher and her very first homerun.

Ceballos Cardona said, “[Gabby] really had a breakout in the second game. She got a couple of hits, and she ended up hitting her first homerun of the season, which was really great to see. She works so hard, and she's our only catcher so she's working really hard in that position, which I know must be tiring, so it was really nice to be able to applaud her for everything she's worked for in this season.”

In the game against Exeter on Wednesday, Girls Softball won again in its first away game with great pitching and hits. Lilly Stephenson '26 highlighted Andover's pitcher, Ashley Schuman '27, who ended the game striking out 13 batters. Stephenson also mentioned the high spirits of the team's first away game.

“The game went pretty well and we had some good hits. We could have definitely scored more. The other team's pitcher was pretty good, but our pitcher, Ashley, also did exceptionally well. It was our first away game so the atmosphere was a bit different from what it is normally, but overall, we had lots of high energy,” said Stephenson.

Girls Softball will play Cushing at home on Friday.

Caitlin Ly
May 3, 2024

Softball Takes a Win in Last Away Game of the Season

Wednesday 5/15 – Andover: 7, Concord Carlisle High School: 1

On Wednesday, Softball (9-2) played its last away game of the season at Concord Carlisle High School. The team had a great game and took home a victory even after a long stretch of not playing due to rain cancellations.

According to Angie Ceballos Cardona '25, leading up to the game, the team was focused on getting game-ready. The team hadn't played for a while before Wednesday and was focused on shaking off the dust as it gears up for the remainder of its season.

Ceballos Cardona said, “Our game last week got rained out, so mainly today, we were focusing on just shaking out the rest and getting back onto the field and going back to like a few weeks ago where we had a really good run.”

In the game, the team saw its practice on its fielding pay off as fielding stood out as a strength for the team. Lilly Stephenson '26 highlighted the pleasant phenomenon of what the team worked on in practice showing up on Wednesday.

“The strength was really our fielding because the other team had a bunch of hits, so we were really able to practice our defensive skills and make plays and I think we worked on that in practice yesterday so I think that really paid off for us,” said Stephenson.

Both pitchers demonstrated exceptional work ethic through the tougher moments of the game on Wednesday, according to Ceballos Cardona.

Ceballos Cardona said, “I would shout out both of our pitchers. Myla Mexico, she's Class [of 20]27, so is Ashley Schuman '27. They both pitched in the game, and it's been a while since they last pitched, so it was really good to see them back out there. Pitching is probably the hardest position you can play, and they just went back out there and worked through whatever they needed to as they were not super warmed up because

we haven't played in a while. So, it was really good to see them work through those tougher moments and come out with a win. I'm very proud of them."

Going into the game the team was very excited having not played in a while but they also wanted to enjoy the last away game. According to Isabelle Quito '25, Andover had great energy throughout the game and was really happy to come out of the game with a win.

Quito said, "We were just really excited because this is our last away game. So, just like the bus there and on the way back, we were just like really hype and we were really glad that we won the game."

Looking ahead, Softball is looking forward to its Big East tournament that will take place this coming weekend. The team is looking to maintain a positive team culture going into the biggest games of its season as well as learning from its mistakes in previous games.

Ceballos Cardona said, "This weekend we have our annual Big East tournament where we can compete for the championship. So, this weekend, we'll primarily focus on playing loose even when the pressure's on and playing our game. Bouncing back quickly from any mistakes or leaning on each other as teammates in order to get the job done is going to be super important for us. It's something that we always work on. I think that's really imperative for us this weekend especially if we want to win that championship."

Softball will play at the Big East Tournament on Saturday.

Anya Budzinski

May 17, 2024

Softball Gets Redemption After Loss in the Big East Tournament



Wednesday 5/22 – Andover: 4, Brooks: 1

Softball (10-2) competed in the Big East tournament over the weekend then played its second to last game on Wednesday. Andover was eliminated from the tournament after a close loss to Brooks. However, the team turned its defeat into fuel and came back to beat Brooks scoring four runs.

Gabriella Potter '27 noted the team's performances in each game during the tournament. Despite its moments of trouble, Andover was able to keep the spirits high. This led to a collective focus to fight back and stay strong.

"Even though we didn't win, I thought that we performed really well against each team. We battled back each time we were down, and we kept each other going. And that helped us to keep each other's energy high so that was really awesome," said Potter.

Madison Hugo '25 discussed the positivity of the team. According to Hugo, every player contributed in their own way, and the team worked incredibly hard to keep the spirits up. The support from everyone made for an encouraging environment.

"We've done an amazing job this year and this season of fostering a positive mindset and atmosphere in the dugout which has really helped us. Everyone on the team has really worked to uphold that no matter what position they play and no matter what their role on the team is. There has just been really high energy and lots of cheering with massive amounts of support from everyone involved," said Hugo.

Potter shouted out Co-Captain Emerson Buckley '25 for her hard work in defense and noted her own homerun.

Potter said, "Emerson made a great play at second base. She played amazing at shortstop, and her defense has been very good since the start of the season, her hits as well. I also hit a homerun on Sunday, which was nice as well, but I believe Emerson played incredibly well this entire season."

On the days leading up to the tournament, Hugo mentioned one of the team's values is its mindsets. Girls Softball took part in creating goals about individual performances, as well as the bigger picture of being a good teammate.

Hugo said, "We do a lot of goal setting and talking about our mindset before the game, which I think helps point us in the direction of motivation of how we want to play individually, and how we want to be good members of the team. I think it also adds to the atmosphere that we foster that brings us success."

Before its game on Wednesday, Hugo also noted what the team would work on in preparation for its second game against Brooks. After already facing the team, Andover learned one of Brooks' main strengths, which was fast pitching. So, during practice, Softball developed its skill set against pitchers similar to Brooks by hitting against pitches from Ashley Schuman '27.

"We'll definitely focus on hitting against faster pitching which is something Brooks has, their pitching is really incredible and hopefully we'll practice pitching off of Ashley which should give us a better basis on how to pitch against Brooks on Saturday," said Hugo.

On Wednesday, Andover won its game against Brooks by three runs. Buckley was proud of the team's performance and she mentioned how its energy early on aided the team to its big win.

Buckley said, "We were all really excited because we all really wanted to win this game. So, I think just the fact that we got the momentum going early and putting up runs early was just really big for us. Everyone in the dugout was really happy and cheering each other on and we had a lot of energy, so that was good."

Buckley additionally discussed the strengths of the game, which was having productive bats, something the team lacked previously. Andover was also able to stay consistent with its defense, as it did in the Big East tournament.

Buckley said, "After this weekend, we lost that Brooks game because we didn't hit well. So, going into this game we were focused on having productive bats, even if that means you're getting out, at least moving a runner or scoring a run was great. That's what we were really focused on in that game, and also staying consistent with our defense because we played great defense all weekend. So putting the two together was what we were focusing on."

Andover will face Exeter on Saturday.

Caitlin Ly
May 24, 2024

Boys Varsity Tennis

2024

Coach: Leon Calleja

Captain: Kian Burt & Kevin Niu

Managers: Agnes Agosto '24, & Leilani Eaton '24

Overall Season Record

Win	Loss	Tie
15	0	0

2024 NEPSAC Champions

Letter Winners: Agnes C. Agosto, Chase M. Burke, Kian Burt, Leilani A. Eaton, Jeremy B. Liao, Yifei K. Niu, Jacob M. Pletka, Yongen J. Shen, Benjamin Shin, & Avery Zheng

Award Winner: Banta Tennis Trophy – Yifei K. Niu

Boys Varsity Tennis

2024 Schedule and Results

Wed	04/03/2024	Tennis BV	B. B. & N.	H	3:30 PM	7-0	W	
Fri	04/05/2024	Tennis BV	Brunswick School	H	4:00 PM	7-0	W	
Sat	04/06/2024	Tennis BV	Taft	H	3:00 PM	6-1	W	
Wed	04/17/2024	Tennis BV	St. Paul's	H	3:30 PM	7-0	W	
Fri	04/19/2024	Tennis BV	Belmont Hill	H	4:15 PM	6-1	W	
Sat	04/20/2024	Tennis BV	Deerfield	A	1:00 PM	7-0	W	
Fri	04/26/2024	Tennis BV	Groton	H	4:45 PM	7-0	W	
Wed	05/01/2024	Tennis BV	Exeter	A	2:45 PM	6-1	W	
Fri	05/03/2024	Tennis BV	Roxbury Latin	H	3:45 PM	4-2	W	
Fri	05/10/2024	Tennis BV	Noble & Greenough	A	4:45 PM	4-3	W	
Sat	05/11/2024	Tennis BV	Choate	A	3:30 PM	5-2	W	
Sat	05/18/2024	Tennis BV	TOURNAMENT	A	9:00 AM	4-0,4-0	W,W	
Sun	05/19/2024	Tennis BV	TOURNAMENT	H	9:30 AM	4-2	W	
Wed	05/22/2024	Tennis BV	Exeter	H	3:00 PM	5-2	W	
Sat	05/25/2024	Tennis BV	NEPSITT	A	8:45 AM			



Phillips Academy Boys Varsity Tennis 2024

<u>Name</u>	<u>Yr.</u>	<u>Hometown</u>
Agnes C. Agosto	2024	Hopkinton, MA
Chase M. Burke	2025	Denver, CO
Kian Burt *	2024	Andover, MA
Leilani A. Eaton	2024	Montego Bay, JM
Brandon H. Horne	2025	San Francisco, CA
Jeremy B. Liao	2024	Andover, MA
Yifei K. Niu *	2025	Scarsdale, NY
Jacob M. Pletka	2027	Andover, MA
Yongen J. Shen	2026	Vancouver, BC
Benjamin Shin	2026	Belmont, MA
Avery Zheng	2025	Longmeadow, MA

*Captains

Head Coach: Leo Calleja
Assistant Coach: Winston Leong
Managers: Agnes Agosto '24, Leilani Eaton '24

Boys Varsity Tennis

2024 Highlights

APRIL 3, 2024

Tennis BV vs B. B. & N.

W 7-0

PHILLIPS ACADEMY SWEEP IN THEIR SEASON OPENER AGAINST B. B. & N.

The Phillips Academy Boys Varsity Tennis team brought the heat on Wednesday afternoon despite the icy weather. Kevin Niu and Avery Zheng started out strong with a 8-1 win in #3 doubles. They were followed by Jacob Pletka and Jeff Shen, who secured the doubles point with an 8-0 win in #2 doubles. Ben Shin and Chase Burke also played a great match in #1 doubles, ending at 8-1.

Singles play started with the same energy, as Shen didn't drop a single game in #2 singles. He was quickly followed by Pletka and Shin, who won 6-2, 6-1 in #3 singles and 6-3, 6-0 in #4 singles, respectively. Burke followed, with a phenomenal 6-3, 6-3 win in #1 singles. Niu and Zheng ended the day, winning their respective matches in #5 and #6 singles.

The team's record is 1-0.

Singles:

1. Chase Burke v. Thomas Brizius: 6-3, 6-3
2. Jeff Shen v. Michael Jiang: 6-0, 6-0
3. Jacob Pletka v. Jonathon Andreoli: 6-2, 6-1
4. Ben Shin v. Austin Fuchs: 6-3, 6-0
5. Kevin Niu v. Ruhan Karthik: 6-0, 6-1
6. Avery Zheng v. Nick Narasimhan: 6-0, 6-0

Doubles:

1. Burke/Shin v. Brizius/Jiang: 8-1
2. Shen/Pletka v. Andreoli/Fuchs: 8-0
3. Zheng/Niu v. Narasimhan/Liam Deighton: 8-1
4. Emmet McEvilley/Julian Tay v. Gabriel Matta/Bradford Kimball (exhibition): 8-0

APRIL 5, 2024

Tennis BV vs Brunswick School

W 7-0

ANDOVER HAS A DECISIVE 7-0 WIN AGAINST PERENNIAL POWERHOUSE BRUNSWICK

On April 5, 2024 Andover played some exciting tennis matches against Brunswick. For #1 doubles, the dynamic duo Chase Burke and Ben Shin easily defeated the Brunswick duo with a score of 8-1. Jeff Shen and Jacob Pletka secured another victory for Andover, winning 8-4.

The intensity continued in the singles matches. In #3 singles, Shin faced a formidable challenge, demonstrating determination as he battled back from a set down to claim victory in a thrilling tiebreaker. Shen and Pletka both displayed exceptional skill and composure in #2 and #4 singles, respectively, securing wins in their matches. In #1 singles, Burke had a difficult match, dropping the second set but ultimately coming out on top in a dramatic tiebreaker. Kevin Niu had an exciting match #5 singles; he lost his first set

and then won his second, finally finishing strong in his tie-breaker. Avery Zheng easily won both his sets 6-0 in #6 singles.

The boys record is now 2-0.

Singles:

1. Chase Burke v. Tucker MacLean: 7-6 (4), 3-6, 1-0 (0)
2. Jeff Shen v. Seb Moulle-Berteaux: 6-0, 6-2
3. Ben Shin v. Jack Sieg: 2-6, 6-2, 1-0 (7)
4. Jacob Pletka v. Rowan Glanville: 6-0, 6-1
5. Kevin Niu v. Jamie McCutchen: 3-6, 6-1, 1-0 (7)
6. Avery Zheng v. Spencer Segura: 6-0, 6-0

Doubles:

1. Burke/Shin v. MacLean/Sieg: 8-1
2. Shen/Pletka v. Moulle-Berteaux/Glanville: 8-4
3. Zheng/Niu v. McCutchen/Sigura: 6-4
4. Jeremy Liao/Brandon Horne v. Neel Behringer/Miles Gillet (exhibition): 6-4

APRIL 6, 2024

Tennis BV vs Taft

W 6-1

PLAYING ITS THIRD MATCH OF THE SEASON INDOORS, ANDOVER WINS AGAINST TAFT

On yet another chilly day, the Andover boys fought against a tough Taft opponent. They started out strong in doubles, quickly won the doubles point with wins of 8-3 and 8-4 in #3 and #1 doubles, respectively. Jeff Shen and Jacob Pletka had a competitive match as well, winning 8-5 in #2 doubles.

In singles play, Shin started the boys off with a quick 6-1, 6-1 won in #4 singles. Pletka also played well against a tough Taft opponent, winning 6-3, 6-4 in #3 singles. Jeff Shen fought for another point and secured the win for Andover, winning 6-4, 6-4 in #2 singles. #1 player Chase Burke had a difficult match, eventually falling 0-6, 2-6 in singles, but maintained a level of enthusiasm throughout.

The boys record is now 3-0.

Singles:

1. Chase Burke v. Denzel Seetso: 0-6, 2-6
2. Jeff Shen v. Shane Mettler: 6-4, 6-4
3. Jacob Pletka v. Lachlan Abbott: 6-3, 6-4
4. Ben Shin v. Kaiel Casserly: 6-1, 6-1
5. Kevin Niu v. Thomson Knight: 6-3
6. Avery Zheng v. Spencer Louie: 6-0, 1-0 (10-4)

Doubles:

1. Burke/Shin v. Mettler/Abbott: 8-4
2. Shen/Pletka v. Casserly/Seetso: 8-5
3. Zheng/Niu v. Knight/Louie: 8-3
4. Kian Burt/Jeremy Liao v. Ahmay Sury/Miller Masterson (exhibition): 8-0

APRIL 17, 2024

Tennis BV vs St. Paul's
W 7-0

ANDOVER MOVES TO 4-0 WITH WIN OVER ST. PAULS

The sun shone for the Andover boys' first home match outdoors, and spirits were high. In doubles play, the team played with energy and precision. Jeff Shen and Jacob Pletka started the boys off with an 8-0 victory in #2 doubles. Chase Burke and Ben Shin had a similarly successful match, winning 8-4 in #1 doubles and securing the doubles point. Kian Burt and Jeremy Liao also played successfully in #3 doubles, winning 8-4 against a strong St. Pauls duo.

The Andover boys maintained the energy as singles play began. Shin had a perfect match in #4 singles, bringing started the team off with a high. Shen only dropped one game in #2 singles, and Jacob only two, clinching the win for Andover. Burke played another strong match and won 6-2, 6-1 in #1 singles. Kevin Niu and Avery Zheng played excellent matches as well, earning wins in #5 and #6 singles, respectively.

Their record is 4-0.

Singles:

1. Chase Burke v. J.B. Estes: 6-2, 6-1
2. Jeff Shen v. Hunter Morgan: 6-0, 6-1
3. Jacob Pletka v. Enoch Huang: 6-2, 6-0
4. Ben Shin v. Peter Ding: 6-0, 6-0
5. Kevin Niu v. Ryan Hands: 6-4, 6-1
6. Avery Zheng v. Alex Gallien: 6-3, 6-2

Doubles:

1. Burke/Shin v. JB Estes/Hunter Morgan: 8-4
2. Shen/Pletka v. Peter Ding/Ryan Hands: 8-0
3. Kian Burt/Jeremy Liao v. Enoch Huang/Alex Gallien: 8-4

APRIL 19, 2024

Tennis BV vs Belmont Hill
W 6-1

ANDOVER DEFEATS BELMONT HILL ON WAY TO 5-0 START

On a breezy Friday afternoon, the Andover boys tennis team played an exciting match against Belmont Hill. Jeff Shen and Jacob Pletka started off doubles play with an 8-2 win in #2 doubles. Kevin Niu and Avery Zheng then played with incredible chemistry, clinching the doubles point for the team with another 8-2 win. In singles play, Pletka had a perfect match against Belmont Hill's #3. Shortly after, Ben Shin played with calm and skill, winning 6-0, 6-1 in #4 singles. Shen secured the victory for Andover with a 6-0, 6-2 win in #2 singles. Chase Burke fought hard in #1 singles, winning the first set 6-3 and dropping the second. In a nail-biting tiebreaker, Burke eventually fell 10-6 to an impressive opponent.

The boys record is 5-0.

Singles:

1. Chase Burke v. Morgan Rich: 6-3, 4-6, 0-1 (6)
2. Jeff Shen v. Ethan Sidman: 6-0, 6-2
3. Jacob Pletka v. Carver Porter: 6-0, 6-0
4. Ben Shin v. Aidan Lee: 6-0, 6-1

5. Kevin Niu v. William Sandor : 6-2, 6-2
6. Avery Zheng v. William Jones: 6-2, 6-1

Doubles:

1. Burke/Shin v. Rich/Ernest Lai: 5-4
2. Shen/Pletka v. Porter/Lee: 8-2
3. Niu/Zheng v. Sidman/Sandor: 8-2

APRIL 20, 2024

Tennis BV at Deerfield

W 7-0

IN ITS FIRST AWAY MATCH, ANDOVER DOWNS DEERFIELD TO MOVE TO 6-0

Singles:

1. Chase Burke v. Ethan Li: 6-4, 6-1
2. Jacob Pletka v. Gunter Weldon: 6-2, 6-1
3. Jeff Shen v. Tom Molson: 6-2, 6-1
4. Ben Shin v. Tai Feng: 6-1, 6-1
5. Kevin Niu v. Anthony Sparacio: 6-1, 6-2
6. Avery Zheng v. Walker Naughton: 6-1, 6-0

Doubles:

1. Burke/Shin v. Li/Molson: 8-3
2. Shen/Pletka v. Weldon/Sparacio: 8-2
3. Zheng/Niu v. Feng/Naughton: 8-6

APRIL 26, 2024

Tennis BV vs Groton

W 7-0

ANDOVER'S 7-0 DECISIVE WIN OVER GROTON MATCHES THE TEAM'S 7-0 START TO THE SEASON!

Singles:

1. Chase Burke v. Trip Wight: 6-1, 3-6, 1-0 (7)
2. Jeff Shen v. Griffin Gura: 6-3, 5-7, 1-0 (10)
3. Jacob Pletka v. Michael Lu: 6-0, 6-2
4. Ben Shin v. Samuel Lu: 6-3, 6-0
5. Kevin Niu v. Husain Ladha : 6-0, 6-1
6. Avery Zheng v. Myles Zhang: 6-0, 6-1

Doubles:

1. Burke/Shin v. Wight/Gura: 2-8
2. Shen/Pletka v. Lu/Lu: 8-2
3. Niu/Zheng v. Ladha/Zhang: 8-0
4. Kian Burt/Jeremy Liao v. Thaddaeus Flatz-Ehrfeld/Charlie Stubbs: 8-2 (exhibition)

MAY 1, 2024

Tennis BV at Exeter

W 6-1

ANDOVER DEFEATS EXETER 6-1 AND MOVES TO 8-0 FOR THE SEASON!

Singles:

1. Chase Burke v. Kiran Raval: 4-6, 5-7
2. Jeff Shen v. Art Chinsupakal: 6-3, 6-4
3. Jacob Pletka v. David Dai: 7-5, 7-6 (0)
4. Ben Shin v. Josh Mullen: 6-1, 6-4
5. Kevin Niu v. Hugo Shinn : 6-1, 6-1
6. Avery Zheng v. Steven Chen: 6-2, 6-2

Doubles:

1. Burke/Shin v. Raval/Dai: 3-8
2. Shen/Pletka v. Mullen/Shinn: 8-3
3. Niu/Zheng v. Chinsupakal/Chen: 9-7

MAY 3, 2024

Tennis BV vs Roxbury Latin

W 4-2

ANDOVER TOPPLES ROXBURY LATIN IN THE BATTLE OF THE UNDEFEATED TEAMS!

Singles:

1. Chase Burke v. Cole Oberg: 0-6, 1-6
2. Jeff Shen v. Eric Diop: 2-6, 6-7 (4)
3. Jacob Pletka v. Tanner Oberg: 7-5, 6-3
4. Ben Shin v. Daniel Stepanyan : 6-4, 6-1
5. Kevin Niu v. Sid Chalamalasetty : 6-2, 7-5
6. Avery Zheng v. Avish Kumar: 6-4, 6-2

Doubles: [No doubles played]

MAY 10, 2024

Tennis BV at Noble & Greenough

W 4-3

ANDOVER BEAT A TOUGH NOBLES TEAM ON THE ROAD TO STAY UNDEFEATED!

Singles:

1. Chase Burke v. Jack Babka: 3-6, 1-6
2. Jeff Shen v. Rohan Rao: 4-6, 1-6
3. Jacob Pletka v. Justin Lee: 6-0, 6-0
4. Ben Shin v. Tony Wu: 6-1, 6-2

5. Kevin Niu v. Jonas Zatlyn-Weiner: 6-4, 4-6, 0-1 (7)
6. Avery Zheng v. Colin Levine: 6-0, 6-1

Doubles:

1. Burke/Shin v. Babka/Rao: 7-9
2. Shen/Pletka v. Lee/Zatlyn-Weiner: 8-6
3. Niu/Zheng v. Wu/Levine: 8-4

MAY 11, 2024

Tennis BV at Choate

W 5-2

ON THE ROAD AT CHOATE, CAPTAINS KIAN BURT AND KEVIN NIU DELIVER IN THE CLUTCH TO KEEP UNDEFEATED SEASON ALIVE!

Singles:

1. Jeff Shen v. Rodrigo Chon-Him: 6-3, 6-1
2. Ben Shin v. Reid Bock: 6-4, 6-2
3. Kevin Niu v. Will Henderson: 4-6, 6-2, 1-0 (1)
4. Avery Zheng v. Johnny Guo: 2-6, 6-2, 0-1 (7)
5. Kian Burt v. Andrew Watcharanaran: 6-1, 4-6, 1-0 (6)
6. Jeremy Liao v. Cayan Mobarak: 4-6, 6-4, 0-1 (3)

Doubles:

1. Shen/Shin v. Chon-Him/Henderson: 9-8 (4)
2. Niu/Zheng v. Bock/Guo: 8-3
3. Liao/Burt v. Watcharanaran/Mobarek: 9-8 (5)

MAY 18, 2024

Tennis BV at Groton vs. Hotchkiss - NEPSAC Class A Quarterfinals

W 4-0

ANDOVER DEFEATS HOTCHKISS TO REACH SEMIFINALS

Singles:

1. Chase Burke v. Yuri Tsibikov: 6-4, 6-1
2. Jeff Shen v. Sahil Annamaneni: 6-2, 6-3
3. Jacob Pletka v. Arvid Vucetic: 6-3, 0-1 (suspended)
4. Ben Shin v. Samuel Lu: 6-1, 6-3
5. Kevin Niu v. Kai Rizvi: 1-2 (suspended)
6. Avery Zheng v. Ken Matanachai: 2-1 (suspended)

Doubles:

1. Burke/Shin v. Tsibikov/Annamaneni: 8-5
2. Shen/Pletka v. Vucetic/Rizvi: 8-2
3. Niu/Zheng v. : suspended

MAY 18, 2024

Tennis BV at Groton - Class A Semifinals

W 4-0

ANDOVER TOPS GROTON 4-0 TO REACH NEPSAC FINALS

Singles:

1. Chase Burke v. Trip Wight: 6-3, 6-0
2. Jeff Shen v. Griffin Gura: 1-6, 4-3 (suspended)
3. Jacob Pletka v. Michael Lu: 6-3, 2-1 (suspended)
4. Ben Shin v. Samuel Lu: 6-1, 4-1 (suspended)
5. Kevin Niu v. Husain Ladha : 6-1, 6-1
6. Avery Zheng v. Myles Zhang: 6-0, 6-1

Doubles:

1. Burke/Shin v. Wight/Lu: 8-2
2. Shen/Pletka v. Gura/Lu: 7-4 (suspended)
3. Niu/Zheng v. Ladha/Zhang: 8-2

MAY 19, 2024

Tennis BV vs Taft - Class A Championship

W 4-2



ANDOVER BOYS ARE YOUR 2024 UNDEFEATED CLASS A NEW ENGLAND CHAMPIONS!

Singles:

1. Chase Burke v. Denzel Seetso: 2-6, 0-6
2. Jeff Shen v. Keyon'Dre Clarke: 2-6, 2-6
3. Jacob Pletka v. Shane Mettler: 6-3, 6-5 (suspended)
4. Ben Shin v. Lachlan Abbott: 6-2, 6-1
5. Kevin Niu v. Kaiel Casserly: 6-1, 6-3
6. Avery Zheng v. Thomson Knight: 6-0, 6-4

Doubles:

1. Burke/Shin v. Mettler/Seetso: 8-5
2. Shen/Pletka v. Clarke/Abbott: 8-2
3. Zheng/Niu v. Knight/Casserly: 6-6 (suspended)

MAY 22, 2024

Tennis BV vs Exeter

W 5-2

ANDOVER BOYS' TEAM CAPS OFF PERFECT UNDEFEATED SEASON WITH A 5-2 WIN AGAINST EXETER!

Singles:

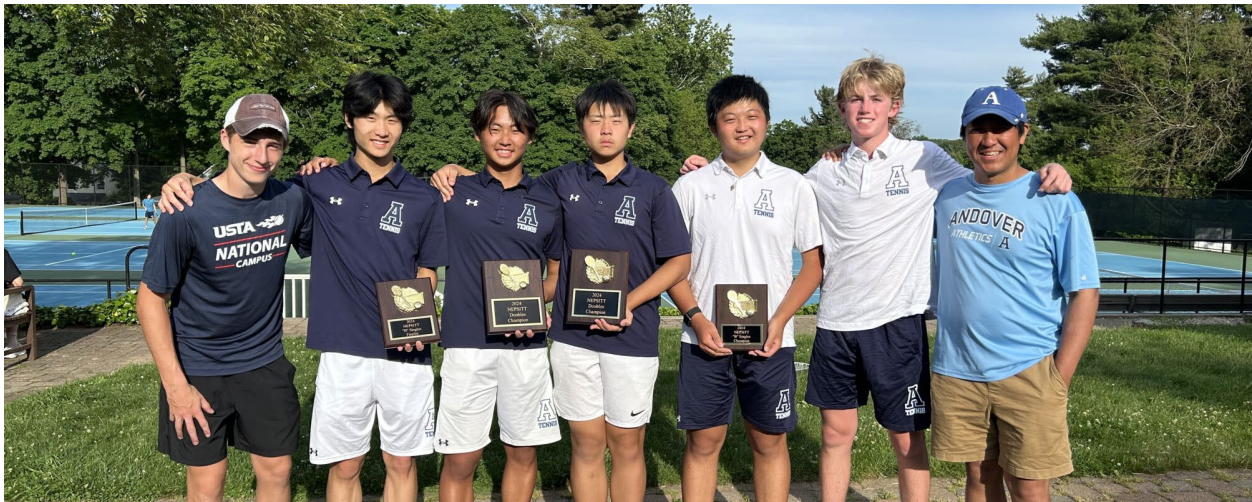
1. Chase Burke v. Kiran Raval: 4-6, 4-6
2. Jeff Shen v. Art Chinsupakal: 7-6 (2), 6-3
3. Jacob Pletka v. David Dai: 6-0, 7-6 (3)
4. Ben Shin v. Mitchell Tam: 6-0, 6-0
5. Kevin Niu v. Hugo Shinn: 2-6, 6-1, 0-1 (5)
6. Avery Zheng v. Josh Mullen: 6-4, 7-6 (7)

Doubles:

1. Burke/Shin v. Raval/Dai: 8-2
2. Shen/Pletka v. Tam/Shinn: 8-1
3. Burt/Liao v. Chinsupakal/Mullen: 9-7

MAY 25, 2024

Tennis BV at New England Prep School Invitational Tennis Tournament



ANDOVER DOMINATES THE 2024 NESPIIT DOUBLES AND B SINGLES DRAW!

The Andover Boys brought home four trophies on the way to a very successful team showing at the New England Prep School Invitational Tennis Tournament at Choate Rosemary Hall this weekend. **Ben Shin and**

Jeff Shen won the doubles championship, defeating Choate's Barbie/Liu in the quarterfinals, Exeter's David Dai and Josh Mullen in the semifinals, and Choate's Rodrigo Chon-Him and Will Henderson in the finals.

In the Singles A Draw, Jacob Pletka breezed through his first round match with an 8-0 victory against Hoosac's Enrico Amaro. He then faced Exeter's Kiran Raval in the quarterfinals, battling him valiantly but falling short 6-8. Chase Burke drew a tough first round opponent in Nobles' Rohan Rao and fell 5-8, but then reeled off four straight wins (def. Hoosac's Guillermo Gomez 8-3, Choate's Reid Bock 8-2, St. Paul's J.B. Estes 8-2, and finally Deerfield's Ethan Li 8-2 to win the A Draw's Consolation bracket.

Andover also dominated the B Singles Draw. Kevin Niu fought his way to the finals with wins against Loomis' Leo Lee (8-5), Exeter's Hugo Shinn (8-3), and Pomfret's Bill Vu (8-1) to reach the finals. On the other side of the bracket, Avery Zheng dominated his first two opponents with 8-0 wins against Wooster's Teddy Porter and Loomis' Andy Yang, and then knocked off Loomis' Trey Dodd (8-5) to reach the finals. In an All-Andover final, Kevin Niu battled teammate Avery Zheng and came out on top 4-6, 6-2, 1-0 (5) to win the B Singles Draw.

Congratulations to the Boys' tennis team for a fine encore to their incredible undefeated championship season!

Boys Varsity Tennis In The News

Andover Boys Tennis “Blows BB&N Off the Court” With 7-0 Sweep



Despite the April showers, Boys Tennis won their first match against Buckingham Browne & Nichols School (BB&N) on Wednesday. Andover had a great showing, ultimately winning even while playing in the indoor Snyder Center courts due to the rainy conditions.

In the team's opening match, Chase Burke '25 highlighted the electric start to the season. He spoke on the well-rounded performance of the whole team, and how the momentum of the early wins helped Andover pick up the pace later in the match.

“Our game was perfect from start to finish. Everyone was really excited for our first match... We won 8-1 at one doubles, 8-0 at two doubles, and 8-1 at three doubles. In singles, Jeff [Shen '26], [playing second singles], was the first person to win. He went 6-0, 6-0, that really helped set the tone. Within an hour and a half, everyone was blowing their opponent off the court. It was pitch perfect, you could say,” said Burke.

With the first win of the season in hand, the team is looking forward to continuing their victorious streak. They will be playing a match against Brunswick this Friday and another one against the Taft School this Saturday. Avery Zheng '25 commented on the various ways the team is preparing for their tough match against Brunswick, one of their most competitive opponents.

Zheng said, "We have one day of practice before our hardest match of the year. Overall, we just did a bunch of ground strokes. We wanted to use this practice to keep us competitive and warm up. Since it's our hardest game, we are trying to bring some energy to the team to keep us motivated."

Ben Shin '26 emphasized the importance of staying focused during matches, especially looking forward to the rest of the season. He also mentioned his excitement to see the team grow in the coming weeks.

"I think we really want to focus on coming together as a team, pumping each other up, and having a good team spirit and just winning. I think we just need to play solid doubles and be aggressive while playing smart tennis. We have some young players and I want to see them do well and get used to playing at the high level we play at."

Burke also highlighted Shen for his outstanding performance as a new member of the team. He mentioned his spectacular play on Wednesday and how he brought an unstoppable combination of skill and talent into his singles and doubles matches.

"Jeff Shen is this week's MVP, he is the clear favorite for MVP, he is the frontrunner for the season. Jeff Shen came on as a new recruit from Vancouver, Canada... he won 8-0 in doubles and 6-0 6-0 in singles. Jeff Shen is the standout player of the week and I look forward to see what he will accomplish this season," said Burke.

Andover Boys Tennis has set a high bar for themselves with their sweep against BB&N. Looking forward to the rest of the season, they hope to continue pushing themselves to their limits on the court, keeping their dreams of becoming the New England Preparatory School Athletic Council (NEPSAC) champions in mind. Zheng spoke on the team's new players, which he believes will help propel Andover to victory this year.

"I think our main goal is to win NEPSAC because the past couple of years we've had good chances and then we were unfortunately not able to capitalize in the actual tournament. This year we maintained a lot of the team and then we gained two recruits, Jeff and Jacob [Pletka '27]. Most of the other good schools lost their best players which puts us in a great position," said Zheng.

Andover Boys Tennis faces off against Brunswick on Friday and Taft on Saturday.

Michael Williamson

Apr 5, 2024

Boys Tennis is Victorious for Its First Two Home Games

Andover: 7 Brunswick:0

Andover: 6 Taft: 1

This past Friday, Andover Boys Tennis had a shutout against Brunswick in its season-opener. On Saturday, the team played against Taft, securing its second win.

Varsity B player Julian Tay '26 had swung for the Brunswick game and talked about how the team was initially intimidated by Brunswick as they were supposedly a top team in New England. However, the team maintained confidence and a strong, yet supportive mentality throughout the matchup.

Tay had said, "I would say 50 percent was a mental game. If you had a strong mind, you'd won 50 percent of your battle. So we encouraged each other before the game. We had a team huddle before the game....I guess like everyone was feeling a bit nervous before the match, but because it was like the first week into the season, we felt that we should just play our best we could, like the best we can and see how far we could get and we eventually came out winning."

Chase Burke '25 talked about how the team had prepared for this matchup throughout the week by previously sweeping BB&N last Wednesday and sweeping Brunswick last Friday as well. Burke further talked about the mentality going into the game by saying how they lost last year by being unprepared and too confident.

Burke had said, "We've been practicing the last few weeks. We have been playing a lot of challenge matches to set our lineup...So, by Saturday we were all pretty prepared, we'd been playing a lot. We were all mentally

ready and physically ready... But I think this year we did a much better job of just staying focused and staying present and it showed in the results.”

Ben Shin '26 talked about how the team supported one another throughout the matches to secure the win during or before each player's match. Even though Burke lost to his opponent on Saturday, Shin talked about how the team supported him throughout the game and even after the game to let him know that it was not a big deal.

Shin had said, “During Chase's matches and in general, we'll yell “let's go somebody” or “you got this” just when either they won a point or they maybe were in a little bit of a swamp. When people weren't playing they'll come by the courts and cheer on, especially Kevin Niu who is a big cheerer. He's very passionate and uplifts everyone. A really great teammate. He's just like, always there to support. He's there when you like, need some cheering”

Burke added onto Shin's point by talking about how the team had supported one another throughout the season so far. Burke talked about how eating meals together had also brought the team together.

Burke had said, “Everyone did a really good job of cheering each other on. Whether you're winning or losing. Tennis in high school is a team sport, and everyone knows that, so if you're winning one match, it's not the end of the world, and if you're losing a match, it's not the end of the world. So we did a good job of uplifting each other. In doubles, I know my partner, at least, and I did a good job of staying positive when the other one made a mistake, and I think, just keeping a positive attitude and supporting each other is very important... But while the match was going on, we only had four courts indoors, so we had our five and six singles players cheering everyone on, and I know doubles is really important, it's easy to get down on your opponent, but, we all did a good job of, you know, being supportive and supporting each other and, lifting each other up when, when it seemed hard to do so”

Shin also talked about how he loved the team environment. Knowing Pletka and Burke for a while through playing together or against each other through outside tournaments, Shin emphasized how he had grown closer to them. Shin also talked about how close the team had grown from the offseason and how each player encouraged one another to do well.

Shin had said, “We were just very close this year. Like our chemistry was good. I mean, I've known Jacob for a while. We played junior tournaments together. So we already had a pretty strong friendship. With Chase, we've played a lot of outside of school tournaments too, together. We all just enjoyed being around each other. So yeah, I think that helps with the team spirit.”

Finally, Burke talked about how excited he was for this season and the future of the Boys Tennis team as most of the team were Uppers or younger. Burke also talked about how excited he was since he believed that the team this year was a special group of dedicated players.

Burke had said, “...I think we had like a good group of people who were all like willing to make tennis a priority this spring and like going to work hard and do what it takes for the team...So we've got a promising future, we kept working hard, and I'm looking forward to seeing what we can accomplish in the few years that I have left.”

Boys Tennis will play again at home against St. Pauls on April 17.

Theo Wei

Apr 11, 2024

Boys Tennis Adds to Undefeated Streak With Another Sweep Against St. Paul's

Wednesday 4/17 – Andover: 7, St. Paul's: 0

On Wednesday, Boys Tennis (4-0) played its first outdoor game against St. Paul's and came home with its third shutout of the season.

Jeff Shen '26 discussed the drills the team did to prepare for Wednesday's match by working to address the wind while playing as this game was the first match using the outdoor courts. Shen applauded the team for its performance and ability to address the wind like it had practiced.

Shen said, “Working on net play is essential, as most of the doubles points are won through net play. Because today we played very well. We played dominant points. Winning the doubles games right away which was

conducive to the win today. Net play really shows up when playing in windy conditions because when you're at the net it's easier to put away points, rather than at the baseline where you're trying to grind your opponent out."

Shen also talked about the team's mentality prior to playing St. Paul's. Specifically, highlighting how the team was excited to play on the outdoor courts for the first time and were ready to play after the long weekend. Shen said, "We knew that the team was ready based on previous training sessions. We were ready to play our A-game. And then that's how we pulled up."

Chase Burke '25 mentioned that the team supported one another throughout the matches and constantly persevered through any difficult points to ultimately win the match. Although Burke and his partner, Ben Shin '26, got off to a rough start, they continued to uplift one another.

Burke said, "[We] made sure to stay positive. And, if you miss one ball, it's not the end of the world and you gotta keep pushing and remind your partner when he thinks, when he gets down, that he has to keep pushing as well because we're a team and it's important to stick together."

Similarly, Shen talked about what he loves about the team environment. By working as a team and not completely focusing on the skillset of the top players, Shen emphasized how he feels a sense of community. Shen said, "I love our coaches and the community... We support each other and practice sessions are always great because we don't work on one individual person... We put more work on our team as a whole, and that's how we compete because how you train is how you compete. When we go out there, we play as a team, not as an individual."

Shin also spoke of his love for the community. Through the team's intrinsic competitive nature and how close each player is to one another, Shin highlighted the friendships he has made.

Shin said, "The pre-season trip really brought us together as we played tennis for six days. [We] stayed at a hotel and trained all day. But it's also that we all just want to win and do well on the court, so it's just a shared goal, which brings us together."

Boys Tennis will play again at home on Friday against Belmont Hill.

Theo Wei

Apr 19, 2024

Boys Tennis Dominates Belmont Hill and Sweeps Deerfield in a Successful Weekend Slate

Andover 6 – 1 Belmont Hill

Andover 7 – 0 Deerfield

Boys Tennis came into their weekend dominating and outclassing their opponents. Against Belmont Hill, Jeff Shen '26 and Jacob Pletka '27 started off doubles play with an 8-2 win at second doubles. Shen later secured the victory for Andover with a 6-0, 6-2 win in second singles. On Saturday, the team ended in a shutout against Deerfield. Its record now stands at 6-0.

Jeremy Liao '24 described a critical moment in the doubles-match, where the team was able to consolidate and cheer each other on, highlighting the team's success and camaraderie even while in their separate matches.

"I think that there was a point where we were ahead, but not by much... What was really magical was there was a moment where both our one and three courts were on a changeover. And they sat down and the audience was just watching [in] silence as the players got ready for the next changeover. As the team got up, we just started cheering, and they started yelling 'Go Andover,' and it was really heartwarming to support each other and to see the team as such a cohesive functional unit," said Liao.

Ben Shin '26 emphasized that Andover has an edge over their competitors because of its well-rounded lineup. Despite different seeds, each player possesses their own advantages and lethal weapons on the court.

"Our lineup is just really deep this year. We're really solid, our one through six, we're all around the same level. Different people just have different strengths, but even our six can beat other teams' two. So that just makes us a really strong team," said Shin.

From Spring training in Florida to the middle of the season, the team has built a strong foundation, which has helped them gain an edge on teams. Liao emphasized each player's growth mindset.

"In singles, I think that pre-season gave us the time to kind of flesh out and patch up weaknesses and explore strengths that we might not have known we had. So during the season we're able to continue fostering growth, in our players abilities, but specifically in making them stronger in the areas that they're already strong, and patching up any weaknesses in their game that opponents might be able to exploit and I think we just have done that better than Deerfield or Belmont Hill," said Liao.

Shin highlighted Chase Burke '25 for his match against Belmont Hill. Losing in a tiebreaker after splitting the first two sets with his opponent, Burke eventually fell 6-3, 4-6, 0-1 (6) to his competition, but fought till the end of the match.

"Chase Burke, our number one, stood out against Belmont Hill in his singles. Even though he lost, he battled hard and he lost in a third set tiebreak. He really showed his fight. Even though he won the first set but lost the second set close and the tiebreak was really close," said Shin.

Head Coach Leon Calleja challenged his players to establish themselves earlier in a match and have a powerful start to have a lead off. By starting strong, Calleja believes the team can carry the momentum towards success throughout the entire match.

"In doubles, sometimes they take a little while to get going out of the gates. Sometimes in singles as well. So really just starting off strong, starting off and grinding it out from the very beginning. And also really just establish your game early so that you make things easier for yourself," said Calleja.

Looking ahead, the team hopes to continue its success in doubles. Shin commented on establishing a strong foundation for doubles matches to help Andover win more competitive matches.

"We should practice some more doubles as the doubles point is really important, especially later on in the season when it comes down to each match, won or lost, depending on how each match counts as a point. Each match is so important, and then the doubles is even more, because it just takes off pressure at the end, or just relieves some stress," said Shin.

Boys Tennis will play Groton on Friday and Phillips Exeter Academy on Wednesday.

Alexander Dimnaku

Apr 27, 2024

Boys Tennis Remains Undefeated: Groton Shutout for First Time in Years and Crushing Victory Over Exeter

Andover: 7 Groton: 0

Andover: 6 Exeter: 1

On Saturday, Andover defeated Groton for the first time in years. The team continued its undefeated streak against Phillips Exeter Academy (Exeter) on Wednesday.

Heading into the match against Groton, Andover was prepared for a difficult match considering its losses in the 2023-2024 New England Preparatory School Athletic Council (NEPSAC) championships. Andover triumphed in its shutout this year, according to Chase Burke '25.

"Last year we lost to Groton twice, including during the NEPSAC tournament semifinals, so they ended our season last year. It had been years since we'd ever beat Groton, let alone [swept] them, so, to go out there and when everyone was playing their best tennis, and when each player came off and each player won their match, it was just really exciting to watch it all unfold," said Burke.

Co-Captain Kian Burt '24 highlighted Jeff Shen '26 and Burke's performances in their match. With the both of them splitting sets in their singles matches, Shen and Burke won close victories in tiebreakers, contributing to Andover's final victory.

"Jeff and Chase really stood out. Jeff was playing a really grueling match. He was facing opponents very consistently and had very good strokes, and he was able to just stay patient and battle it out and win in the third set tiebreak. And Chase was playing a very seasoned tennis player, and he was able to stay confident. He

did not look like he had nerves at all, which [was] very impressive, and [he was] also able to win in the third set tiebreak,” said Burt.

The team’s improvement stems from seasoned players and the new lineup. Burke noted that having new talents on the team, seed two Jeff Shen ’26, and seed three Jacob Pletka ’27 has contributed to the teams’ undefeated streak.

“I would say I improved a lot from last year, which helped a lot and Ben Shin [’26] also improved a lot. So, I would say most of it is training. I think the four returning players who are on the lineup are playing much better this year than last year. And then when you add that to [the] two new players, like all of it kind of is coming together and we have really good chemistry this year and we’re all doing a good job of working together, playing together and it’s showing in the results,” said Burke.

In preparation for the tough competition, the team diverted to personalized practices to target specific areas for each player. Burt emphasized how the small team size allows them to prioritize and address shortcomings.

“We have a lot of flexibility. If there’s something you want to work on, we can always talk with Coach and talk to other players and figure out a way to improve something. So, I feel like being a smaller team we’re able to utilize that flexibility to help us improve,” said Burt.

Boys Tennis won its match 6-1 against Exeter but dropped its second doubles match of the season and its singles first seed. Burke had noted his aspirations for the match.

“Wednesday is an important match. We play Exeter. It’s our second away game. So, we dropped our first doubles match of the whole year against Groton, so I think we’ll definitely put some emphasis on doubles, mak[ing] sure we secure that doubles point. But, from then on, just keep training how we normally do, keep working hard, and we should be good to go for Wednesday,” said Burke.

This weekend, Boys Tennis will play Roxbury Latin and Hoosac at home.

Tara Menon

May 3, 2024

Head Coach Leon Calleja’s Relaxed Yet Competitive Nature Has Guided Boys Tennis To Undefeated Streak

Being undefeated so far in the season and the top contender of the Class A Division, Head Coach Leon Calleja is the foundation of the Boys Tennis program’s success. Reflecting on his experiences, Calleja leads with care and humility.

Having played tennis at the young age of eight years, Calleja was naturally gifted in the sport and was ranked in the top 100 in the state of Florida, despite never having formal training. However, Calleja did not continue pursuing tennis at Amherst College.

Calleja said, “I played for my public district team, which was a lot bigger, which was fun. I was always the smallest player on the team, which was good and bad, but I enjoyed it. [I] love to play, even though I was the smallest player, I loved to serve and volley.”

Highlighting Andover’s curriculum, Calleja recalled his own experiences in grappling with a rigorous academic program while playing tennis. Understanding the challenges of the environment, Calleja reiterated the importance of leading the team with confidence and resilience.

“Tennis is a really mental game... Know[ing] that if I had a chance to train for six hours a day, just wondering how good a player I might become... Those are some of the things that I think Andover tennis players particularly sort of wrestle with because the Andover academic experience is definitely one that doesn’t allow you to sort of train for six hours a day, and really, cultivate your mind as much as your playing ability,” said Calleja.

By allowing players to have the freedom to tailor their practices, Calleja allows the team to collaborate and lead. Chase Burke ’25 commented on the method, noting its importance for bringing in the team’s ranging tennis capabilities.

“By leading our own practices, everyone knows their weaknesses [and] their strengths.

And we’re good at compromising if some person needs to work on something, another person needs to work on something else... I believe it makes us more independent. Like a lot of times coaches kind of think they

know more than they actually do. And it can lead to players not wanting to practice... But I think having this freedom leaves everyone in a super positive mindset and keeps everyone working super hard,” said Burke. Ben Shin '26 shared similar sentiments, noting how Calleja's relaxed yet competitive spirit eases pressure during matches. Calleja strikes a balance between providing feedback and room for players to overcome challenges.

Shin said, “He wants us to be really competitive, but also relaxed. And just be happy. I mean, just have fun out there. That's all it is. Tennis is really easy if it's fun... We run practice ourselves in the drills, but he's always there to give us technical tips and stuff. I think it just allows us to be more independent and relaxed on the court. He's not like adding pressure onto us every single time we play.”

Burke emphasized Calleja's experience in leading the team to numerous New England Preparatory School Athletic Council victories.

“He knows the work that we have to put in. And, he's going to keep us on top of our game if we're slacking off in practice or we don't want to be there. He's going to make an environment that makes you want to be there and keep going, keep pushing us to our limits,” said Burke.

With the team's undefeated season, Calleja hopes to continue the streak against challenging competitors this week. Soon facing the long-time rivals, Phillips Exeter Academy (Exeter) and Roxbury Latin, Calleja looks forward to the team's trajectory.

Calleja said, “We're maintaining our humility in the face of beating some really challenging teams. We have Roxbury Latin coming up on Friday. We have Exeter coming up on Wednesday. Exeter is going to be a really tough team... Roxbury Latin, we haven't beaten them in a few years, I think that will be a good test for us to see about all the undefeated teams on Friday.”

Theo Wei
May 3, 2024

Boys Tennis Co-Captain Kevin Niu '25: Defying Expectations on the Court



Forging an undefeated winning streak in the 2024 season, Boys Tennis Co-Captain Kevin Niu '25 is a formidable force on the court. Leading with dedication, resilience, and an indomitable spirit, Niu redefines what it means to be an athlete.

Chase Burke '25 recalled the first time he witnessed Niu's athletic prowess. He noted how Niu's unassuming appearance masks an uncontested dominance on the court.

“He wore the same Andover tennis hat every day. And, I thought to myself, ‘There's no way this kid could be any good at tennis.’ And when I showed up to the first day of tryouts and I watched from the sidelines as he dismantled the hopes and dreams of everyone else seeking their Varsity A position, it was truly awe-inspiring,” said Burke.

Niu is no stranger to confronting those who underestimate him. He spoke on his mission to challenge the normalization of body shaming and to be a symbol of athleticism.

“They say, ‘You know I saw you, I didn't think you'd be that great at tennis.’ But, once they play with me and get to know me as a teammate, then they realize that looks can be deceiving. I think I'm a living testament to all the body shamers in the world who judge people before they actually see them,” said Niu.

Burke reiterated Niu's resilience amidst a culture that equates athleticism with a certain body type. He mentioned Niu's ability to remain calm in the face of jokes and his determination to let his performance on the tennis court do the talking.

Burke said, “Kevin doesn't let anything get to him. He's here for a reason, and his mission is to step on the court, do his job, and step off the court... He doesn't let anything, what anyone says, get to him at all. It really just bounces off.”

Burke commented on Niu's agility and ball-retrieval skills, comparing Niu's smooth footwork to that of an elegant dancer. His ability to get to every ball, no matter how hard it may be to get there goes to show how hard he works on and off the court.

"I remember playing him Freshman year in a challenge match. There's so many shots he'd hit. And it's like, wow, he really got to that ball. And it's jaw-dropping. And the way he moves around the court so gracefully, like a ballerina almost," said Burke.

Beyond defying expectations on the court, Niu emphasizes the importance of fostering meaningful relationships with his teammates outside of practice.

Niu said, "It's important to build a relationship with everyone on the team, you know, on an individual basis, talk to them off the courts, eat with them. Help them with advice outside tennis, like classes, or with social life. Then also just during the matches to really be someone who they know they can turn to if they need support, or if they need help with anything."

Jacob Pletka '27 highlighted how Niu transcends grade divisions to make his presence known among the lowerclassmen. He sets the example and leads the team with confidence and a friendly spirit.

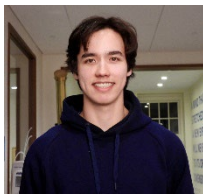
"He makes sure that everybody knows him. And he talks to us. He's very outgoing. He spends time with us, which some other Uppers are selfish and don't do," said Pletka

Niu hopes to end the 2024 season with a perfect winning record.

Avery Lin

May 3, 2024

Boys Tennis Co-Captain Kian Burt '24 Brings a Sense of Composure and Confidence



Co-Captain Kian Burt '24 is a figure of support, understanding, and composure for Boys Tennis. His calm and composed attitude on the court always leads him to be in control of the game he is in. His experience both on and off the court allows him to give wise and thoughtful advice about the game, as well as in other facets of the school, such as academics..

Burt started playing tennis with his brother recreationally at a young age at courts around the Andover area. However, he started taking the game more seriously in middle school.

"I started playing with my brother when I was younger. As a day student, we would go to the courts nearby. I would just play for fun, but in seventh or eighth grade, I started to compete and got better and better," said Burt.

Burt described himself as a player who remains composed throughout his matches. He also stressed that he is very deliberate and intentional during practices, acknowledging that everyone is there to get better and improve.

"As a player, I am very calm and composed on the court. I like to stay level-headed and concentrated. You won't see any outbursts. Every time I step on the court, I am very intentional and focused... During games, we are all playing individual matches, but we are all working together. It is very important that even though it is an individual game, we have a team aspect. As a captain, I bring calm energy to the team; it can be very stressful on match days, like the match at Groton, and having that level-headed energy is perfect for the team," said Burt.

Burt has become a role model to many of the players in Boys Tennis. Ben Shin '26 noted that he does a really good job uniting the team for success, as well as being a positive role model for everyone on the team.

"He is a great player. He is really solid overall, great from the baseline. As a captain, he does a really great job of bringing the team together, one that strives for success and winning, which is our main goal. He does a good job pushing and supporting us. He is really funny and kind. He has been a role model since I came into the team as a [Junior]. He has been someone to come to for guidance or needs," said Shin.

Burt has always been a person that his teammates can talk to for advice. Jeff Shen '26 mentioned a story during his match against Groton. He noted that it was a tough fifth set, and Burt calmed him down during the tiebreak to eventually sweep Groton.

"In our latest match against Groton, it was a really tough match. It was tied nine all in the third set. During that changeover, Kian mentioned some words and tactics. He said not to worry about the outcome but just to worry about the process. He wanted me to stay aggressive and win. He gave me that fire to motivate me to

push through the tiebreak to win. He helped me with that, and we ended up sweeping Groton in a big result.” said Shen.

Burt mentioned that his favorite part of Andover Boys Tennis is the matchdays. He added that he will specifically miss the great environment on the courts during match days.

“My favorite part has to be the matches that we play together. Most of them are three hours long and have that energy as you warm up before the match. Everyone is excited and nervous. The sense of taking on a challenge, win or lose, we will be able to fight for the win. Once you finish your match, you go back to the court to cheer others. It is a great environment, and it is something that I will miss after my time at Andover,” said Burt.

Shen mentioned Burt’s courage, noting that Burt had an injury earlier in the season yet still showed up to practices and did not cut any corners due to his injury.

“Other than empathy and kindness, [he] is [courageous]. At the start of the season, he had an injury and had a concussion, and even despite that, he checked up on us. He would go early, didn’t cut corners, and didn’t use his injury as an excuse, and he was always present and always there for us even through his injury. So, I think a good word for him is courageous,” said Shen.

David Siahaan

May 3, 2024

Boys Tennis Captures NEPSAC Tournament



5/18 – Andover: 4, Hotchkiss: 0

5/18 – Andover 4, Groton: 0

5/19 – Andover: 4, Taft: 2

This past weekend, Boys Tennis (15-0) advanced to the final stages of the New England Preparatory School Athletic Council (NEPSAC) Tournament. On Saturday, Andover progressed through the quarterfinals and semifinals, defeating Hotchkiss and Groton. A day later, despite gloomy weather and delays, the team went on to beat the second seed, Taft, to win the NEPSAC Championship.

Chase Burke '25 emphasized how Ben Shin '26's impressive match against Taft energized his teammates. Shortly after, carrying the momentum, Kevin Niu '25 secured the winning point, clinching the championship title for Andover.

“Ben at four singles had a really dominant victory. He brought a lot of energy to the team. People won their first set easily but were struggling in the second sets, and everyone pushed through. Kevin was the final clincher, he won his match 6-1 6-3, to give Andover the win which was super exciting,” said Burke.

According to Shin, the doubles set against Groton boosted the team’s confidence for the remaining sets. After overcoming a highly technical and powerful opponent, the team gained a one-point lead going into the singles, needing only three singles points to secure the victory.

“I think the start of our doubles against Groton really helped us win and just feel the good vibes for the next matches on Saturday. I would say the same thing about Sunday. We started off strong in doubles, which is always very crucial if we want to win. At one doubles, we had to play a really tough opponent, a kid from Botswana who is one of the best in our league. So we were able to beat him and win the doubles point for our team, that was definitely a really crucial moment,” said Shin.

Despite remaining undefeated this past season, Boys Tennis faced its own internal challenges. Their passion for tennis is so intense that it occasionally leads to unnecessary disputes. However, when it comes to tournaments and matches, the team reunites, driven by their mutual love for the game and for each other. Burke said, “I know, a lot of us get into it in practice sometimes and we bicker and we have problems with each other. But when we come together in these matches, it’s just super important to stay together as one unit, remember, we’re a team and we all want each other to win. We all love each other. We’re here to support each other.”

Leading up to Wednesday's match against Phillips Exeter Academy (Exeter), the team will focus on staying consistent. By attending practice, and sticking to their well honed skills, the team feels confident that as they sharpen a few tactical skills which are specific to every individual, they are capable of succeeding. However, after reaching their season's goal of winning NEPSACs, practice is taking place in a more laid-back form.

Shin said, "Now it's a little bit more relaxed, but we have a match coming up tomorrow, against Exeter, we still really want to win, we want to finish our season strong. But, after we won NEPSAC there's kind of just this pressure lifted off our shoulders a little bit. Because that was our main goal of the season, that was what we were aiming for... we wanted to win the NEPSAC championships. And so now that we've done it, we're very happy, but we still want to finish strong with a match on Wednesday."

Andover played Exeter on Wednesday, winning 5-2.

Tara Menon

May 24, 2024

Girls Varsity Tennis

2024

Coach: Deborah Chase

Captain: Tara Phan, & Lena Ciganer-Albeniz

Managers: Orla Naughton '25 & Valencia Zhang '25

Overall Season Record

Win	Loss	Tie
11	3	0

Letter Winners: Claire K. Cheng, Lena Ciganer-Albeniz, Mercan Draman, Evelyn Kung, Lara S. Madan, Orla G. Naughton, Amy Oku, Mira B. Phan, Tara B. Phan, Kendra Tomala, & Valencia M. Zhang

Award Winner: Banta Tennis Trophy – Amy Oku

Girls Varsity Tennis

2024 Schedule and Results

Wed	04/03/2024	Tennis GV	Groton	A	3:15 PM	4-5		L
Sat	04/06/2024	Tennis GV	Noble & Greenough	H	1:00 PM	5-4	W	
Wed	04/10/2024	Tennis GV	Austin Prep	A	3:00 PM	9-0	W	
Sat	04/13/2024	Tennis GV	Winsor	H	3:00 PM	4-5		L
Wed	04/17/2024	Tennis GV	St. Paul's	A	3:30 PM	9-0	W	
Sat	04/20/2024	Tennis GV	Choate	H	1:30 PM	9-0	W	
Wed	04/24/2024	Tennis GV	Deerfield	H	4:00 PM	5-0	W	
Sat	04/27/2024	Tennis GV	Exeter	H	3:00 PM	8-1	W	
Mon	04/29/2024	Tennis GV	B. B. & N.	H	4:45 PM	9-0	W	
Wed	05/08/2024	Tennis GV	Milton	A	3:15 PM	8-1	W	
Sat	05/11/2024	Tennis GV	Worcester	H	1:00 PM	9-0	W	
Sat	05/18/2024	Tennis GV	NEPSAC	A	11:00 AM	5-3, 1-5	W	L
Wed	05/22/2024	Tennis GV	Exeter	A	3:00 PM	8-1	W	



Phillips Academy Girls Varsity Tennis 2024

<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
Claire K. Cheng	2025	New York, NY
Lena Ciganer-Albeniz *	2025	Tokyo, JP
Mercan Draman	2026	Redmond, WA
Evelyn Kung	2026	Andover, MA
Lara S. Madan	2027	Austin, TX
Amy Oku	2025	Hinsdale, IL
Mira B. Phan	2027	Bangkok, TH
Tara B. Phan *	2024	Bangkok, TH
Kendra Tomala	2026	Irvine, CA

*Captain

Head Coach: Deb Chase
Managers: Orla Naughton '25 & Valencia Zhang '25

Girls Varsity Tennis In The News

Andover Girls Tennis Keeps Strong Mindset Despite Loss in Season Opener



Wednesday 4/3 – Andover: 4, Groton Academy: 5

On Wednesday, Girls Tennis (0-1) suffered a close loss to Groton Academy, where the final result came down to a thrilling match between Co-Captain Tara Phan '24 and her opponent.

Lara Madan '27 discussed the physical and mental aspects that are important for success in matches. In Wednesday's matches, the mentality allowed for some to succeed when faced with challenging circumstances.

"Something we've been working on leading up to this match is moving into the net and playing more of an aggressive game at the net and as well as keeping mental game and composure, so out on the court at Groton we kept our mental composure throughout the matches... We were, in some of our matches, especially singles, down a set and we came back up in some of the matches, eventually coming back to win the match," said Madan.

Claire Cheng '25 talked about the adjustments and challenges the team faced due to unfamiliar playing conditions. For its first match of the season, the team had to adapt to conditions it wasn't used to.

"The atmosphere was pretty stressful because we were playing on Groton's courts, and [they're] basically on their hockey rink, so it was just a surface we weren't used to. Apparently, out of the past 14 days [Groton] has been training, they had spent 12 out of those 14 days playing on those courts, so we weren't really used to the speed... The ball moves a lot faster on their courts and their wall is a little bit close to the back of the court so you had to take the ball early," said Cheng.

Despite the loss, Cheng admired Co-Captain Phan '24's gameplay in a high intensity win-or-lose match. Even though the result wasn't the desired one, the team felt a sense of unity after and are only looking towards being better in the future.

Cheng said, "By the time Tara was playing, it was four-all, and everyone was watching her play, the Groton girls on the court cheering for Tara's opponent, and we were up above cheering on Tara. She played super well for the pressure, and I think that, even though she lost, it was really nice to have a team hug and be okay with our loss at the end because even though it was annoying it was that we have our faults and we will lose but it's ok because by the time NEPSACs come around we will bounce back better than ever."

Orla Naughton
Apr 5, 2024

Girls Tennis Secures First Two Wins of the Season

4/6 Andover: 5 Nobles: 4

4/10 Andover: 9 Austin Prep: 0

The reigning Class A NEPSAC champions, Girls Tennis beat both Nobles and Greenough (Nobles) and Austin Preparatory School (Austin Prep) this week. With one loss under its belt going into Saturday, the team

won in a hard-fought match against Nobles at home on Saturday. On Wednesday, it swept Austin Prep in all doubles and singles matches.

The match against Nobles was close, with the team securing the win by a singular match. Mercan Draman '26 highlighted the high spirit, energy, and support teammates provided for each other throughout the match.

"We did really well. Two of our doubles won and it was really fun to watch. It was really high energy and the team was cheering each other on. Our singles also did really well and we ended up winning on Saturday,"

Draman said.

Evelyn Kung '26 commended teammate Kendra Tomala '26 on her impressive performance. Kung shared that it was a close match that came down to the wire, with the entire team filled with emotion and energy as the two teams fought for the win.

"During the Nobles match, I thought my phenomenally amazing and fantastic teammate, Kendra Tomala, had a wonderful match. Her match was superb. It was nail-biting. I was standing there, and I was about to start crying, cheering, and screaming. She was amazing, and I thought that she was the MVP," said Kung.

Draman shared the importance of the win against Nobles. She noted that this would be one of the three toughest matches of the season so the win was an early test of the team's strength.

"I know that our Nobles team was very strong. Our coach [Deb Chase] said that this was one of the top three teams that we would face this year. I don't know the other teams, but it was a really good win for us," said Draman.

The team competed against Austin Prep on Wednesday, winning all nine matches. According to Kung, despite Austin Prep's different play style, the team was able to make adjustments early and dominate the rest of the match.

Kung said, "We played really well against Austin Prep. They were a weaker team... It was a little bit hard to adjust because they have a different play style. So, we were all a little bit tense at first, but then, after we loosened up, [we] played a lot better."

Looking forward, Girls Tennis looks to focus on strategy in each of their matches. Draman shared that Chase ensures that each person gets individualized advice that most suits their playing style.

"We always talk strategy. One thing our Coach always says [is], 'It depends on each player.' Our Coach is very attentive and knows what each person needs. For example, I need to hit more confidently and consistently, but each person is different," said Draman.

Girls Tennis will play Winsor on Saturday and St. Pauls on Wednesday.

David Siahaan

Apr 11, 2024

Girls Tennis Loses to Winsor, Comes Back with Sweep Against St. Paul's



Saturday 4/13 – Andover: 4, Winsor: 5

Wednesday 4/17 – Andover: 9, St. Paul's: 0

Girls Tennis (3-2) played matches on Saturday at home against Winsor and away on Wednesday at St. Paul's. The team lost a nail-biter on Saturday but recovered with a resounding victory on Wednesday. Overall, the team continued efforts since the beginning of the season with high spirit and enthusiasm, with both games demonstrating progress made since the start of the season.

The team was able to support one another throughout matches on Saturday and Wednesday despite the change-up in the game location due to the weather which proved especially important in the close match-ups, highlighted manager Orla Naughton '25.

"The atmosphere was pretty intense, honestly. At the start... the games were supposed to start outside, but the wind was super bad so they moved inside. So, obviously that changes the variables. Our team was used to practicing inside because of the weather... They won one of their doubles and then they lost two of them. So, then going into singles, there's a tension of it's gonna be [a] really close competition with the other team," said Naughton.

Despite the long duration of the matches, the team always maintained a supportive and cheerful spirit, cheering one another on and making sure everyone is focused and feels supported while they play. Mercan Draman '26 elaborated on how the team finds success from support.

"We're really good at hyping each other up or cheering each other on. I know that I didn't play until like a good five, like four hours into our match, but I was on the sidelines cheering everyone on and so was everybody else who wasn't playing. So, I think we're just a very supportive team," said Draman.

Draman also highlighted teammate Kendra Tomala '26's performance on Saturday. Tomala played both a doubles match and a singles match that were timed very close together with minimal break time in between. Despite this, Tomala persevered through the extended match play and had a very strong performance.

"Kendra, she had a really long and excruciating match. I would say her and her opponent, she had just finished her doubles match and then right after she started her singles match against the number one of the other team, and it was a really long match. She won the first set, her opponent won the second set and then they were in a tie break, and I believe that the tie break was really close. Kendra did an amazing job sticking with the match," said Draman.

On Wednesday, the team traveled to St. Paul's and found clear success as it won every match. According to Lara Madan '27, it took the team a bit to find its focus with it being an away match, but once the team warmed up players were successful and consistent with each of their performances.

"We were a little bit distracted at the beginning with being an away [game], but we closed it out in the end. Today was beautiful tennis weather, so that was really nice. As we eased into our matches, our strength was playing really consistently and focusing on playing our game. This helped close out the win for all of our matches," said Madan.

Girls Tennis will play Choate at home on Saturday.

Anya Budzinski

Apr 19, 2024

Girls Tennis Excels On the Court With Consecutive Sweeps

4/20 Andover: 9 Choate: 0

4/24 Andover: 5 Deerfield: 0

Despite the rainy conditions on Saturday, Girls Tennis played its first outdoor home game of the season. Andover had shutouts against Choate and Deerfield, respectively.

According to Co-Captain Lena Ciganer-Albeniz '25, playing outdoors provided a fresh sense of passion and spirit for the team, helping push them to a strong performance against Choate.

"We swept them yesterday, and I feel like we were very enthusiastic because we were going to play indoors because of the rain, but we cleared off the courts. We wiped them manually. We were super excited to be outside, because we haven't played a home game outside yet this season. So, I think that was really encouraging for all of us, and we were all very focused from the very beginning, and I think we all played very well," said Ciganer-Albeniz.

Despite a slow start, Evelyn Kung '26 ended her doubles and singles matches with skill and composure, securing two wins for the team. Kung described her performance in the match, noting the importance of staying loose and starting off strong to help win points faster..

"I could improve on putting the ball away faster, and I think that if I could have ended the point faster instead of rallying with [my opponent] as much. It would have been a lot better and made the game go a lot quicker... During doubles, me and my doubles partner were also having kind of the same issue. We were missing a lot, because we were tense at first... We were losing at first, but then as the game went on, we were able to pull it back together and win," said Kung.

Recent weeks have included lots of rainy weather, forcing the team to hold practice indoors instead. Having to train on the courts in the Snyder Center has led to certain limitations, noted Ciganer-Albeniz. However, she expressed appreciation for the consistent practice schedule that having indoor practices allowed for.

"It's less than ideal because we get two courts instead of three, and we're nine people. But we're grateful that we get to practice at all because I know JV and Varsity B get their practices canceled when it rains. Varsity B

also had their game canceled because we were supposed to go indoors. But, the surface is pretty different. It's much slower on the indoor courts. But, we're pretty grateful that we get to practice at all when it rains," said Ciganer-Albeniz.

In practice, the team has focused on developing skills that will help throughout the season. Mira Phan '27 described a recent volleying drill that the team had worked on which translated very well into their games on Wednesday, especially her doubles match.

"It was this week or last week where we were practicing a lot of approaching balls at the net. So, the person at the baseline would be hitting cross-court and the person at the net would have to wait for a ball to come towards the middle more and just go for it. I think it benefited a lot of people on the team. I can definitely say for myself that it helped me and my sister, [Tara Phan '24], with a lot of points. It ended the point fast," said Phan.

Although the team had strong outcomes in both their matches, Phan felt that the team still had room for improvement to continue working on throughout the season. She highlighted working on patience and focusing one point at a time.

"We did pretty well, but [we should practice] being more patient with the ball, I think that's something everyone can always work on... I would say for myself, sometimes I would feel rushed. So, taking each point, point by point, would help a lot," said Phan.

Looking towards their next match, Phan recognized that Phillips Exeter Academy (Exeter) could prove to be a difficult opponent. The team aims to focus on practicing first serves and going into the match prepared for a battle.

"For this upcoming game, I think our opponents are going to be a lot better. Last year I think they were pretty good... So, we have to up our game and lock in more. But, in terms of support, we're doing fine. All of us need consistent practice, which is what we're doing. So, that should be helpful... Something that we should all work on is to increase the first serve percentage to get the ball in. Because our second serve would be a lot softer than our first, especially doubles, giving our opponents an advantage," said Phan.

Girls Tennis will play Exeter this Saturday at home.

Aaron Huang
Apr 27, 2024

The Road to Success: Girls Tennis Head Coach Deborah Chase Prioritizes Well-Being of Athletes and Hopes to Win NEPSACs



Head Coach Deborah Chase first started playing tennis at the early age of four. She was influenced by her four older siblings and parents who already played and were passionate about the sport. Growing up, Chase played a multitude of sports including soccer, softball, basketball, and swimming. But tennis is what stuck. After high school, Chase played collegiate tennis at Colgate University.

Chase's coaching philosophy emphasizes the importance of being prepared to succeed rather than worrying about the opponent.

Chase said, "My goal is to teach them how to prepare themselves to succeed to the best of their ability. The focus is not on taking down another opponent. Of course, we're beating them, you know, in the matches, but it's really about teaching them how to prepare to succeed."

Kendra Tomala '26 highlighted how Chase is always there to support the team and praised her ability to lead the team both as a coach and a mentor. Tomala mentioned how Chase's positivity helps the team keep its heads up, even during difficult times.

Tomala said, "She always brings the best energy and is always so positive, no matter how crazy the conditions are... I know that I can always count on her for really anything on and off the court, because she's more than a coach, honestly. She's sort of a mentor, and just like a leader in so many ways. I feel like I speak for the whole team when I say we all really look up to her, and we know that we can count on her."

Coach Chase is committed to the team beyond the court and places emphasis on having a holistic view of her athletes. She realizes that tennis isn't the only important factor in life and wants her athletes to be well-rounded and happy. Those coached by Chase say that she wants them to be able to be successful students, manage friendships, and rest when necessary.

Mercan Draman '26 emphasized how Chase's continuous encouragement is displayed on a daily basis and especially on match days. Not only does Chase train the girls physically, but she also prepares the girls to take on the mental challenges of a match.

Draman said, "Before every single match, [we] all huddle up in a circle, and she always gives us a little pep talk. She always tells us to take one breath at a time and that we are not in a rush, and live in the moment, one point at a time... She congratulates us and mentally prepares us for going into singles and at the end of the match we do one more huddle, so she really makes us a team."

Evelyn Kung '26 shared Chase's commitment to her players' well-being. Having her as a teacher has allowed Kung to see two sides of Chase: in class and on the court, which has allowed her to recognize the support and compassion Chase possesses.

Kung said, "She'll come and coach us in between points, but she also cares about our lives outside of tennis. She orders us dinner, if we have late matches, makes sure we have time to go do our homework, encourages us to go have fun with our friends, and gives us days off after hard matches... She was also my English teacher during my [Junior] Year, and I know that she's a really nice and supportive person and she genuinely cares about each and every one of the players on the team."

Chase's goal for this season is to ultimately win NEPSACs but also has multiple goals that she believes will allow the team to accomplish its end goal. What's more, Chase hopes her players are having fun when playing and working towards their objectives.

"[The] end goal is to win NEPSACs. Our daily goals are to become more intentional players while they're on the court and particularly to improve our doubles games ability to execute at the net, and to have a lot of fun," said Chase.

Tara Menon
May 3, 2024

Girls Tennis Captain Tara Phan '24: Leading Through Support, Consistency, and Energy



Girls Tennis Co-Captain Tara Phan '24 leads her team with a focus on support and positivity. As the only Senior on the team, she serves as a friend and role model for her teammates on and off the court. Through team bonding, music, and individualized check-ins, Phan supports her teammates in performing to the best of their abilities.

As she leads the team, Phan strives to be approachable and make sure everyone's ideas are heard and considered on the team. Phan noted her goals as a captain when it comes to team culture. Phan said, "The type of leadership that I strive for is one where everyone is seen and heard. Even though I'm a leader, I want other people to be able to speak up and share their ideas in the end."

Claire Cheng '25 highlighted the support that Phan brings to the team. More than just being a pillar of help on the court and during practices, Phan is someone who is approachable and friendly in all settings.

"I feel like her way of captaining might not seem as the traditional way of captaining, but I feel like, honestly, it's so, so supportive to have her like that... Everything feels more comfortable to be able to talk to her in any way, whether it be as a friend or as a captain. It's just being able to have her to talk to me and be so supportive in every realm, that us as a team are all in, that's just what makes her such an amazing captain" said Cheng.

As a player, Phan has a more technical approach to games. Phan shared some of her strategies, building off a fundamental consistency to test opponents with varied angles.

“I try to be more consistent in my shots and I try to angle my shots really well, so that I don’t need to run as much and make my opponent run more. I don’t feel like I don’t have a power game, I play more with the angles and how the ball moves.” said Phan.

Evelyn Kung ’26 described Phan as a strong, crucial player on the team. She highlighted Phan’s efficiency on the court and the enjoyment she gets from watching Phan play on the court.

“As a player, Tara, she’s honestly one of our strongest players, and also, she’s always the first to finish. Her matches always go really quickly, which is really fun, and she’s just really fun to watch. I played her a couple times, and she’s super talented and has a lot of great tennis ability,” said Kung

Cheng emphasized Phan’s vital role on the team, providing positivity and encouragement. Even in difficult moments, Phan is able to keep the team on track and keep its spirits high.

“I think Tara is the light of our team. Her personality, it’s so Tara, and that’s what makes her so unique. She’s so special, she’s just an irreplaceable figure on our team, and she’s just really the light of our team, and she contributes so much in that sense. It’s her positive energy [that] is just really what gets us through. Even when we’re having a tough time, she’ll be there to make us laugh,” said Cheng.

Going into matches, Phan prioritizes individualized feedback and advice. She shared ways in which she works with Co-Captain Lena Ciganer-Albeniz ’25 to help bring the energy up.

“[Before matches] I just like to [do] check-ins with people, and ask if they’re feeling ready and things like that. In the end, Lena leads this cheer. Lena is my Co-Captain, and we’re pretty hyped by the end,” said Phan.

In addition to pre-match check-ins, Kung outlined other ways that Phan helps prepare the team for matches. Through team bonding events and music, Phan is able to raise the energy throughout matches.

“She’s super supportive. She’s always the first one to show up for team brunches. She helps organize psychs, and she’s always really upbeat, like she brings her speaker and plays a lot of music to help us get ready for matches,” said Kung.

Kung highlighted Phan’s unique role as the only Senior on the team. She also noted the impact of Phan’s positivity in such an individualized sport.

“She’s our only Senior on the team, so a lot of people have known her for longer than I have, but she really helps to balance out the overall vibe of the team. Obviously, tennis is a solo sport, so sometimes it’s hard to generate a lot of team spirit, but she really helps to hold us all together and always be really supportive of everyone regardless of how our matches went,” said Kung.

Any Budzinski

May 3, 2024

Girls Tennis Co-Captain Lena Ciganer-Albeniz ’24 Works to Engage and Excite Teammates



Co-Captain Lena Ciganer-Albeniz ’24 leads Girls Tennis as a teammate above all else, prioritizing her teammates’ well-being. As a leader, Ciganer-Albeniz takes initiative, organizing team bonding events off of the court, as well as constantly providing support, urging her teammates to do the same for each other.

According to Ciganer-Albeniz, tennis players often try other sports and come back to tennis because they like it best. She shared that the reason why she returns to tennis is because of the many aspects that go into being a successful

player.

“I would say it’s such a unique game. There’s really no other sport quite like it, and I feel like there’s just so much that goes into it, because you have to be insanely athletic, but also, you need good reaction. You need good technique. You need a strong mentality. There’s just so many aspects that go into it. It’s just different than, say, with soccer, for example, there is a lot of technique involved, but mostly the goal is to score.

Whereas with tennis, you probably have a different goal every point, every game, and every point is so different in how you do it and its outcome,” said Ciganer-Albeniz.

On the court, Ciganer-Albeniz is a strong competitor with a tough mentality, according to Mercan Draman ’26. Draman also noted that Ciganer-Albeniz constantly pushes her teammates to be the best they can be.

Draman said, “She’s a really good captain. She’s pretty competitive. She always goes all out for game psyches... She’s competitive but also very sweet to us, like she forces us to be our best player... She’s very into tennis. She’ll train no matter what. Even if she’s tired, she’ll still grind really hard at practice.”

In addition to her skills on court, Evelyn Kung ’26 also pointed out the strong team bond that Ciganer-Albeniz creates off the court, urging her teammates to show up for each other.

“As a player, she’s definitely one of the strongest players on the team. That’s for sure. She has such great tennis skill, and she’s really good at supporting others. She and her doubles partner have a really great dynamic. And she’s a really great tennis player... She’s always on time to practice. She comes up with fun ideas for warm-ups. Like I said, she initiates team brunches and makes sure that we all show up to support our teammates. For instance, one of my teammates, [Kendra Tomala ’26], was doing the TEDx Talk this weekend and she, [Lena], was on top of it, making sure that we were all gonna be there to support her, so she’s a really great person on and off the court,” said Kung.

With a team of just nine players, Ciganer-Albeniz believes that that influences her position as Co-Captain, leading less like a traditional captain, and more like a motivator. From organizing psyches to ordering pizza, Ciganer-Albeniz strives to create an environment where her teammates are excited to show up.

Ciganer-Albeniz said, “With tennis, it’s a very small team, so I don’t have the impression of feeling that captain-y. I do do leadership stuff, but it doesn’t feel above them or anything. I would say I just lead them in a way that makes them excited to come to practice every day and compete, and motivate them. And so some of the things, like the warm-up, I send reminders with names and for psyches and stuff. One thing, for example, is that tennis goes on for a really long time. We’ve missed dinner a bunch of times, so getting everybody’s orders for pizza, for example. It really ranges.”

Similarly, Kung also highlighted Ciganer-Albeniz’s reliability and willingness to take initiative. She noted Ciganer-Albeniz’s ability to use her energy as a vocal leader.

“I’ve known Lena for two years, and in the time that I’ve known her, she’s always been really confident and always willing to take the lead. She is the one that comes up with a lot of ideas for psyches. She initiates a lot of the team brunches, and she’s a really good captain because of her willingness to take the initiative. She’s also a very loud and energetic person, so she leads a lot of our team cheers and stuff like that,” said Kung. In terms of goals, Ciganer-Albeniz hopes that the team can hold its title of NEPSAC champions. She also shared individual goals for creating a healthy environment for the team.

Ciganer-Albeniz said, “The ultimate goal for the team is to win NEPSAC again this year. With Winsor moving up to Class A and the presence of Groton, Hoosac, and Nobles, I think the competition is going to be tougher than it’s ever been during my time here. But, with the team work and effort that every person on the team consistently puts in, I really believe that we can win. As for myself, I just want to contribute to a positive energy, which we tend to have, and win as many matches as possible for the team.”

Ciganer-Albeniz plans to continue tennis in some capacity.

Aaron Huang
May 3, 2024

GV Tennis Showcases Two More Dominant Performances



4/27 – Andover: 8, Exeter: 1

4/29 – Andover: 9, BB&N: 0 (?)

GV Tennis kept up its strong season with two dominant wins over Phillips Exeter Academy (Exeter) and BB&N this week. With the NEPSAC tournament coming up, the team looks to maintain their excellent form.

Co-Captain Lena Ciganer-Albeniz ’25 observed that the team had limited time to prepare for their match against Exeter. Despite the time constraints, they continued to focus on maintaining their fitness and improving their doubles play and consistency leading up to the game.

“We had Deerfield on Wednesday, so we took Thursday off and Friday we did some very light hitting. So, honestly, we were just working on staying in shape and we did some doubles work, but nothing in particular,” said Ciganer-Albeniz.

During the games, Ciganer-Albeniz valued the strong team spirit and effort displayed by all players, whether they were on the field or not. She felt this camaraderie boosted each player’s confidence, leading them to play more aggressively.

Ciganer-Albeniz said, “I think the team did very well in maintaining a very positive attitude throughout all the matches. The players that didn’t have matches, because they only brought six players, they were cheering their teammates on. I mean, we were approaching the net a lot and playing aggressively, so we were kind of dominating, in a way.”

Despite dealing with an injury, Mira Phan ’27 courageously persevered through her matches, as noted by Evelyn Kung ’26. Kung expressed admiration for Phan’s unwavering determination and resilience, highlighting how Phan continued to compete in the face of adversity.

Kung said, “I was really proud of my teammate Mira Phan. She played really well in doubles, but she has tennis elbow right now, so her injury was sort of getting to her at the end of the match. The Exeter coach was kind of being a little difficult and not letting us swap out players once we had locked in our roster, so she had to play through the injury, and even though she didn’t finish her match, I’m still really proud of her for working through her injury.”

Perhaps because of the Andover-Exeter rivalry, Ciganer-Albeniz observed that more people attended the matches than usual. Although she felt a bit overwhelmed by the busy atmosphere, she believed the rest of the team still competed to their best ability within any environment.

“I did notice that there were more spectators than usual. They also brought their varsity and their JV, so it felt more crowded. Every court was in use, so it felt very busy. It felt pretty crowded. So, for me, personally, that was a little bit of an anxiety buildup. But, I think, one thing that’s good about, I would say, not for myself, but the rest of the team, is that they’re able to play to their best, no matter what conditions they’re in,” said Ciganer-Albeniz.

Kung also pointed out the presence of the newly selected Blue Key Heads, noting their special appearance. Their presence brought a significant amount of energy and spirit to the atmosphere.

“I thought it was really cool. Blue Key Heads came and Blue Key Heads usually don’t come to tennis, since you can’t really cheer. It’s really hard to cheer with tennis etiquette and all that, but there were actually like a lot of people there and I thought the vibes were good,” said Kung.

Although the team excelled against Exeter, Kung felt they could improve their composure and timing on hits. Looking forward to the rest of the season, she believes that with diligent work and attention on specific details, the team will maintain its successful trajectory.

Kung said, “I think the team could work on consistency. I know that a lot of people were trying to put the ball away pretty fast and that was working but I think just having a little bit more patience and waiting for the right time to put the ball away would benefit us all.”

According to Mercan Draman ’26, Monday’s match against BB&N went well – so well, in fact, that it was a bit boring. She thought that the team could improve on overhead hits, but the overall rhythm was good.

“We just played our best. BB&N was not an amazing team, but we still did our best... I guess our coaches thought that we could work on our overheads maybe, because today at practice all we did was overheads. But, I don’t know, maybe that was related to that... The atmosphere was really good, we’re all really supportive, when you’re done with a match, you sit on the bleachers and support each other,” said Draman.

Girls Tennis will play away at Milton on Wednesday.

Aaron Huang
May 3, 2024

Girls Tennis Out of the Running to Reclaim NEPSAC Championship

Girls Tennis (13-3) competed at the Class A New England Preparatory School Athletic Council (NEPSAC) Quarterfinals, winning 5-3 against Greenwich Academy (Greenwich). However, the team lost 5-1 during the Semifinals against Hopkins, who went on to become the eventual champions. On Wednesday, Andover took a strong victory against Phillips Exeter Academy (Exeter) at 8-1 in the final match of the season.

On Saturday, Andover played Greenwich and Hopkins in a bid to win the Class A NEPSAC Championship for the second year. Mercan Draman '26 highlighted the team's focus and grit during their matches.

"I would just say that everyone was very active in all their matches. They were all very focused, they were all attacking. No one was hitting really easy shots. Everyone was going for it," said Draman.

During the Quarterfinals, Draman highlighted Kendra Tomala '26's resilience in persisting through a line call discrepancy and winning the match despite the ensuing conflict.

"When we played Greenwich, they started a fight, and parents got involved, and coaches were yelling...

[Kendra] called something out, and the other team was sure that it was in even though it wasn't... That was a really important match for us to win if we wanted to go on to the semis and Kendra won despite all the horrible circumstances," said Draman.

On Wednesday, Andover ended its season 8-1 against Exeter. Mira Phan '27 highlighted Co-Captain Lena Ciganer-Albeniz '25 for playing skillfully in her singles match.

"Lena Ciganer stood out to me a lot, especially in her singles match. She was doing quite well on the court. She took her time with the ball and it was a really fun match to watch," said Phan.

Phan continued, highlighting the different formations the team has been experimenting with in doubles. The change up enabled the teams to win all three of its doubles matches on the way to their victory.

"For the past two to three weeks, we've been working on different formations in our doubles play... My sister [Tara Phan '24] and I have been using a few I-formations just to experiment with it and I would say overall it went quite well. I also saw Amy Oku ['25] and Lara Madan ['27] use I-formation and it definitely helped a lot with the point," said Phan.

Madeleine Lehman
Alastriona O'Donnell
May 24, 2024

Varsity Track 2024

Coach: Keri Lambert

Assistant Coach: Patrick Riley

Captains: Kamen Kaleb, Emerson Kington, Patricia Tran, & Jazzy Cormier

Overall Season Record

Win	Loss	Tie

Results not entered

Letter Winners: Darielys Almonte, Alexandro F. Armour, Gracie T. Aziabor, Sarah H. Bae, Tyler D. Baty, Anya T. Budzinski, Robert Budzinski, Julia Carmona, Kishan E. Clarke, Jazaher B. Cormier, Murathimeningai N. Daisley, Eleanor R. DeHoog, Grant D. DeHoog, Darren D. Donovan, Vance M. Fabrizio, Langan G. Garrett, Tamrat A. Gavenas, Valerie Y. Ha, Emma E. Hagstrom, Blake Herndon, Max P. Huang, Akari Imai, Kamen Kaleb, Arun Kapoor, Lilliana E. Keim, Emerson D. Kington, Constantinos T. Krenteras, Storrie J. Kulynych-Irvin, Kennedy C. Leach, Isabell Luo, Caitlin E. Ly, Ethan R. Ly, Nakai K. Mafunga, Alexander Mazzarelli, Tara L. Menon, Xavier M. Moran, Ava Murphy, Sean Pao, Hailey R. Piasecki, Audrey E. Powers, Naima L. Reid, Jenna H. Robertson-Palmer, Russell G. Robinson, Bennett B. Rodgers, Patricia A. Tran, Annabel S. Tu, Zoe A. von Eckartsberg, & Luke L. Williamson

Award Winner: Sorota Trophy –

Boys Recipient: Emerson D. Kington

Girls Recipient: Gracie T. Aziabor

Track 2024 Schedule

We d	04/03/2024	Track & Field	Lawrence HS	H	3:00 PM
Sat	04/13/2024	Track & Field	Deerfield/Taft	A	3:00 PM
We d	04/17/2024	Track & Field	StPaul's/Concord/KUA/Proctor /NH/Tilton	A	3:30 PM
We d	04/24/2024	Track & Field	Austin Prep/Landmark	H	3:00 PM
Sat	04/27/2024	Track & Field	Black Bear Invitation	A	9:00 AM
Sat	05/04/2024	Track & Field	Loomis/NMH/AOF	A	4:30 PM
We d	05/08/2024	Track & Field	Cushing/CSW/Concord	H	3:30 PM
Sat	05/18/2024	Track & Field	INTERSCHOLS	A	11:30 AM
Sat	05/25/2024	Track & Field	Exeter	H	1:00 PM

Track 2024 Roster

Azzaam Abdur-Rahman	2027	Lowell, MA	Vance M. Fabrizio	2024	Beverly, MA
Ashley Agyeman	2024	Bayside, NY	Matilda P. Fletcher	2027	San Francisco, CA
Darielys Almonte	2025	Lawrence, MA	Grayson T. Flynn	2026	Kentfield, CA
Yasin S. Andino	2027	Dorchester, MA	John R. Gallagher	2027	Andover, MA
Alexandro F. Armour	2024	Lorton, VA	Langan G. Garrett	2024	Mill Valley, CA
Gracie T. Aziabor	2026	Atkinson, NH	Tamrat A. Gavenas	2025	Andover, MA
Sarah H. Bae	2026	New York, NY	Edward C. Gillick	2027	Concord, MA
Tyler D. Baty	2027	Oakland, CA	Nathan T. Godsey	2024	Honolulu, HI
Caleb S. Beroukhim	2027	Brookline, MA	Javier Gomez-Amuedo	2027	San Diego, CA
Tasha P. Bohorad	2026	Orwigsburg, PA	Jack A. Gonzalez	2027	St Michaels, MD
Jaceil A. Britton	2025	Wilmington, NC	Alfonso Gonzalez-Cano	2027	Saltillo, MX
Jonathan Bu	2026	Ellicott City, MD	James A. Gordon	2026	Abu Dhabi, AE
Anya T. Budzinski	2026	North Andover, MA	Amina Gorman	2026	Chicago, IL
Robert Budzinski	2026	North Andover, MA	Emma W. Greenhut	2027	New Canaan, CT
Daryn Burnette	2026	Trinity, FL	Sean W. Griggs	2026	Menlo Park, CA
Lundeen B. Cahilly	2024	Old Greenwich, CT	Valerie Y. Ha	2024	Hong Kong, HK
Mario E. Calvo	2024	Manhasset Hills, NY	Emma E. Hagstrom	2025	Reading, MA
Julia Carmona	2024	Bronx, NY	Narek Hambarzumyan	2026	Merrimack, NH
Dillon E. Chugani	2027	Lexington, MA	Henry He	2026	Andover, MA
Kishan E. Clarke	2026	Kingston, JM	Blake Herndon	2025	Minneapolis, MN
Jazaher B. Cormier	2024	Fort Myers, FL	Max P. Huang	2024	Montclair, NJ
Destiny F. Covington	2026	Bronx, NY	Akari Imai	2025	Singapore, SG
Sophia F. Cratty	2025	Andover, MA	Olivia Isacson	2026	New York, NY
Murathimeningai N. Daisley	2026	Westford, MA	Olivia S. Jameson	2026	Tokyo, JP
Linda L. de Boer	2027	Beijing, CN	Ajahla L. Jefferson	2024	Atlanta, GA
Eleanor R. DeHoog	2024	Covington, LA	Byron E. Johnson	2025	Washington, DC
Grant D. DeHoog	2025	Covington, LA	Yaejoon Jung	2027	Seoul, KR
Ian T. D'Entremont	2026	Lowell, MA	Kamen Kaleb	2025	Cambridge, MA
					Shenzhen, Guangdong
Denzel A. Dickson	2026	Bronx, NY	Yifan Kang	2024	CN
Jacqueline C. Dill	2027	New Hope, PA	Arun Kapoor	2025	Inverness, IL
Darren D. Donovan	2025	North Andover, MA	Gabriella D. Kawooya	2027	Columbia, SC
Asher U. Egerton-Idehen	2026	Dublin, IE	Lilliana E. Keim	2025	Atlantic City, NJ

Head Coach: Keri Lambert

Assistant Coaches: Patrick Reilly, Ally Booth, Rich Gorham, Elizabeth Joseph, Jamal English, John Rex, Garrett Ritchie, Casey Smith, Jason York, Chris Ishizuke-Wade

Track

2024 Roster

Ashiq Kibria	2026	Paterson, NJ	Avin I. Ramratnam	2024	Tiverton, RI
Emerson D. Kington	2024	Andover, MA	Madison M. Redmond	2025	Memphis, TN
Isabella M. Koutny	2027	Methuen, MA	Naima L. Reid	2025	Kilchberg, DE
Maxim Krasovsky	2027	Tarzana, CA	Juliana Reyes	2024	Chicago, IL
Constantinos T. Krenteras	2024	Long Branch, NJ	Jenna H. Robertson-Palmer	2027	Saint Andrews, NB
Jakob Kuelps	2025	Zug, CH	Russell G. Robinson	2025	Avon, CT
Storrie J. Kulynych-Irvin	2024	Annapolis, MD	Zadie A. Robinson	2026	Avon, CT
Maxwell Langhorst	2025	Andover, MA	Bennett B. Rodgers	2026	Dallas, TX
Kennedy C. Leach	2025	Phoenix, AZ	Andrew A. Rodrigues	2027	Fair Haven, NJ
			Natalie I. Rodriguez-Vasquez	2027	Lawrence, MA
Nathan A. Liang	2025	Carmel, IN	Maximus J. Ruiz	2027	Dracut, MA
Saketh V. Lingisetty	2027	North Andover, MA	Kennedy L. Sharar	2027	Andover, MA
Isabell Luo	2025	Belmont, MA	Kibalo C. Signan	2025	Bronx, NY
Caitlin E. Ly	2027	Andover, MA	Catalina G. Smith	2027	Pasadena, CA
Ethan R. Ly	2027	Andover, MA	Chloe H. Song	2026	Lexington, MA
Nakai K. Mafunga	2026	Claremont, CA	Ryan E. Swales	2027	Lynnfield, MA
Cameron T. Manzo	2026	Andover, MA	Robert E. Swan	2025	Pelham, NH
Virginia L. Marshall	2025	Andover, MA	Ya'Asantewa R. Tafari	2027	East Saint Louis, IL
Chanel L. Martin	2027	El Cajon, CA	Sami N. Tokat	2026	Montclair, NJ
Alexander Mazzarelli	2024	Hingham, MA	Andrew J. Tollman	2024	Georgetown, MA
Laura Mazzarelli	2027	Hingham, MA	Alex Torrens	2024	Andover, MA
Tara L. Menon	2026	Miami, FL	Patricia A. Tran	2024	Glenelg, MD
Xavier M. Moran	2026	Andover, MA	Annabel S. Tu	2025	Andover, MA
Ava Murphy	2024	West Roxbury, MA	Hillary Tufino	2026	Lawrence, MA
Brady K. Nelson	2027	Hopkinton, MA	Henry T. Ty	2024	North Andover, MA
Emily V. Ney	2027	Newton, MA	Zoe A. von Eckartsberg	2026	San Francisco, CA
Quentin J. Nicolaisen	2027	Weston, MA	Wendi V. Wei	2027	Chicago, IL
Mercy C. Okoronkwo	2027	Bronx, NY	Elliot Weir	2026	Beverly, MA
Ozochi A. Onunaku	2025	Brooklyn, NY	Lily V. Williamson	2025	Santa Monica, CA
Sean Pao	2026	Hong Kong, HK	Luke L. Williamson	2025	Miami, FL
Hailey R. Piasecki	2026	Gig Harbor, WA	Henry S. Zimmerman	2027	New York, NY
Audrey E. Powers	2024	Andover, MA			

Head Coach: Keri Lambert

Assistant Coaches: Patrick Reilly, Ally Booth, Rich Gorham, Elizabeth Joseph, Jamal English, John Rex, Garrett Ritchie, Casey Smith, Jason York, Chris Ishizuke-Wad

Track

2024 Meet Highlights

APRIL 13, 2024

Track and Field BV at Deerfield/Taft

ANDOVER BOYS PLACE 2ND IN TRI-MEET AGAINST TAFT AND DEERFIELD

Official results can be found here: <https://www.athletic.net/Track...>

APRIL 13, 2024

Track and Field GV at Deerfield/Taft

PATF TAKES THE WIN IN TRI-MEET HOSTED BY DEERFIELD

PATF claimed 1st place over Taft and Deerfield. Andover looks forward to returning to Deerfield later in the Spring for the NEPSTA Division 1 Championship. Full results from the tri meet can be found [here](#).

APRIL 17, 2024

Track and Field BV at St. Paul's/Concord/Tilton/Proctor/KUA

ANDOVER PLACES 2ND IN FIVE-TEAM MEET AT ST. PAUL'S SCHOOL

Official results can be found [here](#).

APRIL 17, 2024

Track and Field GV at St. Paul's/Concord/Tilton/Proctor/KUA

PATF EARNS 210 POINTS TO CLAIM 1ST IN FIVE-TEAM MEET HOSTED BY ST. PAUL'S SCHOOL

Full results can be found [here](#).

APRIL 24, 2024

Track and Field BV vs Austin Prep/Landmark

BOYS PATF PLACES 2ND IN HOME TRI-MEET

Official results can be found [here](#).

APRIL 24, 2024

Track and Field GV vs Austin Prep/Landmark

PATF GIRLS CLAIM THE WIN OVER AUSTIN PREP AND LANDMARK AT HOME TRI-MEET

Full results can be found [here](#).

APRIL 27, 2024

Track and Field BV at Black Bear Invitation

BOYS PATF PLACES 8TH OUT OF 27 TEAMS AT BLACK BEAR INVITATIONAL IN NEW HAMPSHIRE

PATF traveled to Northwood, NH to compete at Black Bear Invitational, hosted by Coe Brown High School. Out of 27 teams, the boys from Andover placed 8th. Highlights of the day included Tam Gavenas placing 2nd in the 3200m (dipping below the old meet record and breaking 9 minutes!) and Emerson Kington placing 1st in the 400m. Full results can be found [here](#).

APRIL 27, 2024

Track and Field GV at Black Bear Invitation

PATF CLAIMS 3RD OUT OF 27 TEAMS AT BLACK BEAR INVITATIONAL

PATF traveled to Northwood, NH to compete at Black Bear Invitational hosted by Coe Brown Academy. Emma Hagstrom kicked off the day for the team with a big win in the 3200m. Other highlights on the girls' side included Isabell Luo taking 2nd in the long jump, Gracie Aziabor claiming 2nd in the shot put, Nor DeHoog taking 1st in the discus--an incredible day in the field for PATF! Full results can be found [here](#).

MAY 4, 2024

Track and Field BV at Loomis/NMH/AOF

PATF PLACES 2ND AT TRI-MEET HOSTED BY NMH

PATF traveled to Western Mass to compete against Northfield Mount Hermon and Loomis Chaffee. PATF placed 2nd overall. The meet was hand-timed and full results are not available online.

MAY 4, 2024

Track and Field GV at N.M.H./Loomis

PATF TAKES 2ND IN TRI-MEET HOSTED BY NMH

PATF claimed victory over NMH and fell by a narrow margin to Loomis Chaffee. The meet was hand-timed and complete results are not available online.

MAY 8, 2024

Track and Field BV vs Cushing/CSW/Concord

PATF WINS OVER CUSHING, CONCORD, AND CSW AT HOME

Despite heavy rains and a 30-minute lightning delay, PATF completed its last home meet before the championship next Saturday 5/18. Both squads--boys and girls--took 1st place. Full results can be found [here](#).

MAY 8, 2024

Track and Field GV vs Cushing/CSW/Concord/Montrose

GIRLS PATF CLAIMS VICTORY OVER CUSHING, CONCORD, CSW, AND MONTROSE

Despite heavy rains and a 30-minute lightning delay, PATF completed its last home meet before the championship next Saturday 5/18. Both squads--boys and girls--took 1st place with some great performances on the track and in the field. Full results can be found [here](#).

MAY 18, 2024

Track and Field at NEPSTA DIVISION I TRACK AND FIELD CHAMPIONSHIP



PATF ATHLETES SET 21 SEASON BESTS, 16 PERSONAL RECORDS, AND 3 CLASS RECORDS AT NEPSTA DIV. 1 CHAMPIONSHIP

On Saturday 5/18, PATF traveled to Deerfield Academy to compete against seventeen other schools at the Division 1 NEPSTA Championship. Over the course of the day, the weather was mostly ideal, ranging from overcast to cool with a light rain to sunny and balmy—by far the best weather this championship has seen since at least 2019, before the outbreak of the pandemic. This year was also the most competitive meet NEPSAC has seen in several years, showcasing extraordinary talent, including numerous nationally-ranked athletes. Every team showed up hungry to earn every point they could and brought great energy to the meet, which saw numerous meet records fall.

PATF stepped up to this challenge on the track and in the field, exhibiting outstanding team spirit, grit, focus, and good sportsmanship. Some highlights included:

- Three team members—Hailey Piasecki '26, Bennett Rodgers '26, and Storrie Kulynych-Irvin '24—won their events, earning 10 points each for the team.
- Another four team members claimed 2nd in at least one event—Tam Gavenas '25 in the 3k and 1500m, Emma Hagstrom '25 in the 1500m, Nor DeHoog '24 in the discus, and Emerson Kington '24 in the 400m. Emma also claimed 3rd in the 3k, and Emerson also claimed 4th in the 200m before anchoring the 4x400m to a 4th place finish.
- Nineteen team members overall contributed to PATF's team scores across 16 different events, including 6 sprints events, 5 field events, and 5 distance events.
- Seventeen PATF athletes doubled in two events, and five tripled.

- PATF athletes set 21 season bests, 16 personal records, and 3 class records.

Overall, the Boys placed 6th with 47 points and the Girls placed 5th with 58.5 points. [See here](#) for the full results. PATF is grateful for all that Deerfield Academy coaches, staff, and administrators did to make the championship a special experience for our athletes.

We are excited to conclude our season next Saturday 5/25 with our historic dual meet against Exeter at home beginning at 1pm!

MAY 25, 2024

Track and Field BV vs Exeter



PATF BOYS WIN 7 EVENTS AND SET 48 PERSONAL RECORDS TO END THE SEASON AT HOME AGAINST EXETER

Saturday 5/25 was the perfect day for track and field: mid-70s, sunny, with a very light breeze. Dozens of families, friends, and alum came out to cheer on PATF as we took on Exeter at home in our final meet of the season. Andover brought outstanding energy to the meet, excited to finish the season on a high note and give the Class of 2024 a finale to their high school track careers that they wouldn't forget. Across event groups, athletes showed up in big ways. Although the Boys lost, they still had some outstanding performances on the track and in the field, and they helped support the Girls to a win over Exeter (81-64)--an exciting achievement given Exeter Girls' 2nd place performance (over Andover's 5th place finish) at Interschols just last week.

Highlights from the day included:

- Individual wins in the 400m (captain Emerson Kington '24), 1500m (captain Max Huang '24), 3k (Tam Gavenas '25), 110m Hurdles (Constantine Krenteras '24), shot put (Alex Armour '24), high jump (captain Kamen Kaleb '25), and pole vault (Bennett Rodgers '26).
- 48 personal records and 5 season records!

MAY 25, 2024

Track and Field GV vs Exeter

W 81-64

GIRLS PATF RALLIES TO WIN OVER EXETER TO END THE SEASON

Saturday 5/25 was the perfect day for track and field: mid-70s, sunny, with a very light breeze. Dozens of families, friends, and alum came out to cheer on PATF as we took on Exeter at home in our final meet of the season. Andover brought outstanding energy to the meet, excited to finish the season on a high note and give the Class of 2024 a finale to their high school track careers that they wouldn't forget. Across event groups, athletes showed up in big ways, and as a result the Girls pulled off the win over Exeter (81-64)--an exciting achievement given Exeter's 2nd place performance (over Andover's 5th place finish) at Interschols just last week. Although the Boys lost, they still had some outstanding performances on the track and in the field. Highlights from the day included:

- Individual wins in the 100m (Caitlin Ly '27), 3k (Storrie Kulynych-Irvin '24), shot put (Gracie Aziabor '26), discus (Nor DeHoog '24), high jump (Akari Imai '26), pole vault (Hailey Piasecki '26), long jump (Isabell Luo '25), and triple jump (Valerie Ha '24).
- Clean sweeps (with PATF placing 1st, 2nd, and 3rd) in the triple jump, long jump, and high jump.
- 36 personal records!

Track In the News

Girls Outdoor Track and Field Co-Captain Patricia Tran '24 Returns for One Last Season as a Face of Unity



Starting her running career with Outdoor Track her Junior spring, Girls Co-Captain Patricia Tran '24 grew from a new runner to a three season Captain. Falling in love with the sport from her experience in Outdoor Track, she has grown to become a leader that sets an example and is a consistent pillar of support.

Tasha Bohorad '26 explained Tran's leadership and how it contains the perfect amount of honesty while also being a shoulder to lean on.

"Patty (Patricia) is very supportive, but she's also more reserved, not in the way that you don't think she cares about you but she's always very straight forward with you and she'll check in. She'll be supportive, but she lets people do their own thing and make their own career which I really like. I've known her since the beginning of being at Andover, and I switched to cross country... and she always made me feel included, she would hang out after practice and do core, do push ups, and she's always a team player," said Bohorad.

Being a three season Captain between Indoor and Outdoor Track and Cross Country, Tran emphasized the factors that make the Outdoor season special. With a collective goal and better weather each day, a community continues to be fostered which Tran appreciates.

Tran said, "[One] thing that sets Outdoor Track apart is that one, it's probably the biggest team that we have all year so you get to meet a lot of new faces and then you also have some

returning people from Indoor so you get to bond with them but also welcome newcomers to the team. ... We also have some of our biggest meets during the outdoor season... The whole season... Our goal is being able to place at [New England Interscholastic Outdoor Track and Field] Interschols so I think everybody is working really hard, using their momentum from Indoor and trying to see what they can do in May. Also just that as the season progresses the weather gets nice, so I think peoples spirits are their highest ever towards the end of the outdoor season.”

According to Bohorad, Tran invests herself into every meet day. She connects with each athlete and cares about the success of teammates.

“Even if she’s injured or she’s not racing... you forget that she’s not racing because she’ll talk to you like she’s competing as well and she really takes everything to heart on meet days and you can tell she really cares about it and about the meet,” said Bohorad.

Lily Williamson ’25 highlighted the ways in which Tran is able to make a team with so many different events into one cohesive community. As a long time member of the distance running group along with trying out the javelin event for the first time this season, Tran’s ability lets her traverse all sides of the team to promote unity.

“[She] is influential on both of [distance and javelin] which are oftentimes two different groups that wouldn’t normally interact so she is a paragon of team unity just based on what she does individually in her own events. Also, she just really encourages everyone around her. If there’s someone running either the two mile or the two hundred [meter], she’s there to cheer people on. She’ll go on long runs with us and then spend days doing tech events with the field events, so she is super multi-faceted,” said Williamson.

Reflecting on her last season as an Andover athlete and Captain, Tran looks forward to cherishing the things that built her love for the sport in the first place.

“[What] I’m really gonna embrace is trying to spend as much time with the people that brought me into this sport. Having fun, trying to make the most out of it and spending quality time with the people on the team whether it’s through runs, or during our workouts... or even through post practice dinners, or pre-race brunches, overall just spending quality time with my teammates,” said Tran.

Orla Naughton
Apr 19, 2024

Outdoor Track and Field Starts Season With Two Away Meets and an Undefeated Record

Saturday 4/13 – Andover: 131.5, Deerfield: , Taft:

Wednesday 4/17 – Andover: 337, St. Paul’s: 200, Proctor: 91, KUA: 23, Tilton: 16

Outdoor Track and Field (2-0) won its first two meets of the season. Andover headed to Deerfield on Saturday and St. Paul’s on Wednesday. Both meets were invitational, with around 70 student-athletes competing. The top four field athletes and the top eight lane-event athletes for each event were invited to both meets.

On Saturday, both the boys and girls 4×1 were disqualified. Gracie Azibor ’26 mentioned how, despite this setback, Andover is ready to build back during upcoming meets.

Azibor said, “Some crucial moments were the 4×1 relays at our first meet. I would say neither of them went according to plan. Unfortunately, both of them got disqualified, which was a disappointment and a setback for the team. One good thing is that everyone that was in the 4×1, and the team, they all were very supportive and eager to get back on the track and try again and both of the 4x1s went really, really well... I think it shows how resilient our athletes are, and that is really great.”

At both meets, Jenna Robertson-Palmer '27 noted the mental challenges athletes face when letting the pressure get in their heads and how it can influence their performance.

Robertson-Palmer said, “Some of the weaknesses are getting in our heads before races. We just need to focus on the race ahead and block out the noise and not focus on what I am doing for my block start, and just focus...[on] not worrying about the little details.”

Azibor noted that the team has been training tirelessly over the past week and the work and hours that they have been dedicating are paying off.

“Leading up to the event the team put in a lot of hard work. Definitely, this season we’ve been doing a lot of difficult workouts and the main thing we have wanted to focus on is staying focused during the meets themselves but also during practice. There was a lot of really good hard work put in leading up to it on all of the events not only just in running but all fields. All the athletes were really committed, really focused, and even the athletes who weren’t coming to the meet put in a lot of hard work and that will definitely pay off later in the season,” said Azibor.

According to Ethan Ly '27, both new and more experienced athletes were able to showcase their talents at the St. Paul’s meet. Ly mentioned how Max Krasovsky '27 excelled in his 400-Meter race.

Ly said, “Max Krasovsky stood out. He has never run a 400-meter race before. It was actually his first track meet ever. He really shined in the 400 meters, and I’d say that’s very impressive because many people would say that the 400 meters is one of the toughest events in track. Max really pushed through his event, and he really did a good job.”

Ly also noted how Tam Gavenas '25 was able to be adaptable and use his endurance in a very successful 4×4 race at St. Paul’s.

“Someone who was super impressive was Tam and just the whole 4×4 team dusting St. Paul’s in the 4×400 meters. I thought Tam especially, who had just come off of running the 800 meters, where I think he ran a time of around 1:56, which is really impressive to see him anchor the 4×400 meter relay, that really just displays a super great performance,” said Ly. Murathime Daisley '26 predicted that the team will build from what it learned during the meet in the upcoming practices.

“Now that we have two races under our belts, I think that our times will show us what we need to build, whether it be working on our speed endurance or aerobic capabilities, which differ from person to person,” said Daisley.

Track and Field will host Austin Prep and Landmark School at home on Wednesday.

Alastriona O'Donnell

Madeleine Lehman

Apr 19, 2024

Kamen Kaleb '25 Brings Skill, Smiles, and Support to Track and Field



Kamen Kaleb '25 leads the Track and Field team through his dedication to the sport, making sure to engage with each and every member of the Track and Field team. By continuously setting high standards for himself, Kaleb's goal is to inspire the rest of the team to follow his example.

While it's Kaleb's first year as Co-Captain, he noted how being on the team in previous years and his past Co-Captains' leadership was instrumental in shaping his own. He now is able to lead the team with spirit and motivation.

"One way I've been able to lead is with my positive and encouraging attitude in training and occasionally during meets as well. In my younger years on this team, I always tried to hang out around athletes who I thought were more mature and were better leaders than me. At the time, I just did it because I thought they were cool, nice, or funny, but now I realize how influential all those people were to me becoming a better leader and a better teammate. For example, last year the Captains led a small group of athletes through fall training for Indoor track. As someone who was still quite on the fence about whether or not I really wanted to commit to the sport, this term was one of my favorites ever because not only was I able to spend my afternoons working out with my friends, but I learned so much about track, building good habits, and becoming a better leader from the leaders of that group," said Kaleb.

Kaleb's energy is a big inspiration to all his teammates, along with his commitment to the team and the sport. Kishan Clarke '26 highlighted his confidence and ability to perform under pressure.

Clarke said, "I also do high jump as well, which Kamen specializes in. He's someone that you can turn to and ask for questions. He's someone who's not afraid to lead, he doesn't get nervous. I mean, obviously he does sometimes, but he can perform while being nervous, be confident while being nervous. He also boosts the team spirit, or the high jump team spirit by just being a welcoming and confident guy."

Kaleb emphasized his efforts to connect the team and remind his teammates that while scores are important, so is the team aspect of Track and Field. He shared his hopes to help his teammates grow by finding enjoyment in the sport and create that culture through his role as a Co-Captain.

"With our team being so good, it's easy to solely focus on winning and getting better and forget about the fact that this team is a family. Obviously, winning is important and I want all my teammates to better themselves whether it be for the team or for themselves, but expecting everyone to only want to get better and not get any enjoyment out of each practice and each meet would only stunt our growth. I believe that if you try to dedicate all your energy to something you care for, you will be able to go so much farther than if you put the same amount of effort into something you care less about. The reason I became Captain is because I think that I can give that sort of attitude to my teammates and help us all get better together while enjoying ourselves in the process," said Kaleb.

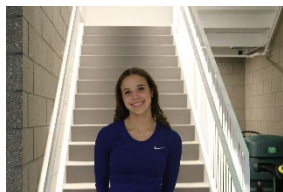
Grayson Flynn '26 commended Kaleb's supportive leadership. He noted that in addition to being helpful within high jump, he's always checking in with other athletes about their own events with individualized attention.

"I've heard that he is a big leader in the high jump, just helping everyone out. Just a good friendly guy on the team, a very welcoming guy. He's good to talk to. He knows a good amount about track... Always cheers people on. He'll ask you how your practice went and such. After the fact, he always checks on everyone and in general encourages everyone on the team to do better than what they can do," said Flynn.

As the sole Upper Co-Captain, Kaleb noted that this year can serve as a learning opportunity. He shared that even if he doesn't continue his role as Co-Captain, he knows that what he learns as one now will help him as a leader on the team in the future. "After this year, I will have one more year as a track and field member. This year I want to learn as much as I can while still providing a positive environment for all athletes to progress. Next year, I want to put everything I learned to use and make it the perfect season for my fellow Captains, my teammates, and myself. As someone who is Captain this year, whether I'm Captain next year or not doesn't change the fact that I will have more people looking to me for leadership. So, while I want to be able to make this season the best it can possibly be, whatever mistakes I make this year I can turn into learning opportunities for the next," said Kaleb.

Theo Wei
Apr 19, 2024

An Athlete Who Loves the Sport: Co-Captain Jazzy Cormier '24 Brings Positivity and Light to Track & Field



Track & Field Co-Captain Jazzy Cormier '24 is a leader that creates a fun and inclusive environment. As a co-captain, she has demonstrated resilience and an ability to persevere during hardships. She brings high energy to the team, projecting her love for the sport onto her teammates and empowering them.

Despite having an unorthodox start to the sport, Cormier quickly grew to love track. She mentioned how the practices seemed fun and how even the coaches were always excited. She noted how the community made her stick with it even though she did not have as much experience as the other kids.

"I started out managing [track] Lower Year for the first week of track because I was nervous to run and I had never tried a sport other than soccer... However, after watching all the practices it seemed really fun, so I ended up joining the team instead. I would say that something that made me stick with it was the culture and community which is something I strive to continue in the legacy of the captains I had in my Lower and Upper Year," said Cormier.

Cormier strives to be a vocal leader that is able to help out her teammates when they are in need. She recognized how many athletes do the sport for varying reasons with varying backgrounds, and being someone who can help with technique is very important.

"In my leadership =, I am pretty vocal. I strive to be a captain that knows what's going on and can help anyone with anything at any time, especially because I think a lot of people that come to track are doing it because they want to stay fit for another sport, which is exactly what I did, or new to it in general. I think having someone there who can help you with your block starts, or techniques, or just general things about track is very helpful," said Cormier.

As an athlete, Cormier's determination and impressive work ethic is evident. Gracie Aziabor '26 highlighted how even when going through adversity, Cormier continues to encourage her teammates.

Aziabor said, "The way I would describe Jazzy is that she's really determined and a super hard worker. I feel like as an athlete, I've seen her go through a lot of adversity and injuries,

but she's very strong and she always pushes through. While doing that, I think she's also just such a great teammate to have around because even if she's dealing with her own things, she always is willing to be there for her teammates and supports them and makes them feel good. That's something I really admire about her."

Although the large team brings a possibility for disconnects between training groups or grades, Cormier works to create a cohesive and inclusive team. Bennett Rodgers '26 recognized how Cormier works to bring people together and improve team chemistry. Rodgers said, "She encourages a very whole, cohesive, and comfortable team. Since the track team is so big, a lot of the time there can be a large disconnect between different training groups or grades. Jazzy works hard to break down that gap and bring people together." According to Aziabor, Cormier is a mature and positive presence on the team. During warm-ups or meets, she hypes up the team with her high energy. Aziabor mentioned how Cormier's love for the sport is apparent and contagious.

Aziabor said "Jazzy helps the team succeed because she's very mature and she loves to have fun which brings a lot of good energy. You can definitely see it in warm-ups or at meets, she's always dancing and singing along to the music that we are playing and giving high fives to everybody. It creates a really positive environment and makes everyone happy to be there. It makes training so much better when you can tell she's at practice and really loves the sport and loves [Track & Field]," said Aziabor.

The team has a tradition of doing "captain's kudos" to shout out those who stood out during practices or meets. Cormier details how important it is to motivate her teammates to work hard and recognize different successes throughout the season.

Cormier said, "Everyone is really important and integral to our team culture... Everyone plays a significant role in our team and one way to combat people feeling like they don't is to do captain's kudos. In the beginning of practice sometimes we will bring candy or something and name a couple people we felt worked really hard in practice or have really great attitudes and leadership. It's important that throughout the season we keep everyone motivated to work hard so we can continue to succeed."

Katherine Rodgers
Apr 19, 2024

Weather Causes Delay in First Full-Team Track and Field Meet Against Austin Prep and Landmark

Wednesday 4/24 – Andover: , Austin Prep: , Landmark:

Track and Field (3-0) hosted its first home meet of the season on Wednesday, where many new runners experienced their first PATF track meet. While the event was filled with some weather-related issues, anticipation, excitement, and support was still high throughout the entire team.

According to Murathimae Daisley '26, when runners at Wednesday's meet did not think that the conditions could become any worse with all of the wind and rain, the power went out and the races had to be timed by hand.

"The power actually went out. The timing was horrible because the weather was really bad. In the beginning, it was downpouring, and the wind was crazy, and then, all the power went out so all the timing machinery just shot down, so then they had to get out hand timing, so it was a really big process," said Daisley.

According to Sarah Bae '26, both teams were all ready to compete and do their best, however the weather did not cooperate as expected. Despite the weather, the athletes and officials at the race adapted well and worked to continue the meet.

"Because of the unfortunate weather and rain, a crucial moment is right before the 100-meter hurdle race. We were not sure if the meet would continue. But then the officials worked well together and made a great effort to keep the meet on. And the meet ended up being hand-timed," said Bae.

Bae also shared that despite the turn of events, morale and energy were maintained throughout the very end of the race.

"The strengths of the team were working together and just being there for each other. And especially you can feel the energy at the last [event] of the day, the 4×4 [relay]. Our Captain Max Huang ['24] actually said that it was his teammates who helped him through the last stretch" said Bae.

Similarly, Max Krasovsky '27 noted how all of the hard work done by new runners finally paid off at their first meet.

"For a lot of kids, this was their first meet since we had two home meets canceled. So it was a lot of work up to this point, and everything in general like conditioning, just getting better at sprinting for the kids running for the first time. So, it was just a lot of work that came into this meet," said Krasovsky.

Krasovsky highlighted the support on the homestretch of an exerting race helped seal the deal across the finish line.

Krasovsky said, "Something that happens a lot on some of the longer events, on the back stretches, there's a lot of people supporting the team. I would say, especially in those harder races where you're getting gas, it helps a lot. Overall, we had a good meet today. A lot of good plays and a lot of them were had because of the support from the team in like those hard moments."

Correspondingly, Daisley described how the dynamic of the event was truly amazing and new since the entire track team was together for the first time.

Daisley said, "So this was our first full team meeting. It was the first, not just varsity meet, so it was really awesome to see all the JV kids and just the whole program coming together. Honestly, so many people showed up, both varsity and JV."

Track and Field will travel with a select group of athletes to Black Bear Invitational on Saturday.

Madeleine Lehman
Alastriona O'Donnell
Apr 26, 2024

Small Group of Track & Field Athletes Travels to Black Bear Invitational

Track & Field (4-0) traveled with about a third of the full team to the Black Bear Invitational over the weekend. The meet was held at Coe Brown Academy.

Caitlin Ly '27 described how Isabel Luo '25 stood out at Saturday's meet. Luo not only surpassed her record in practice the week before but pushed it even further at the meet.

"One individual that really stood out to me was Isabel. She's an Upper, and this season, her main goal for long jump must have been to get 16 feet. And before the meet on Saturday, her PR was 15 feet and eight inches. And at the meet, she PR'd by a whole foot which is

really impressive, because it was hot at the meet, and she also got 16 foot eight [inches] on her third attempt.” said Ly.

Gracie Aziabor '26 described how Emma Hagstrom '25 and Tara Menon '26 set the bar for the meet during the first race and energized the team. They started the day off with confidence and led with intensity.

Aziabor said, “One individual that stood out, Emma Hagstrom, an Upper, and Tara Menon, I think both of them did a really good job. Their race was like the very first race of the day, really early in the morning. It was super hot outside, but with all those things considered, they still did a really good job. [They] ran a strong, powerful race and it was just great energy to set off the team.”

Jenna Robertson-Palmer '27 described the atmosphere of the event as cheerful with lots of support for one another.

“The team is always so positive and cheers each other on. I feel like it was a really fun meet and competitive competition that we were all very positive,” said Robertson Palmer.

Ly mentioned how the Black Bear Invitational served as preparation for Interschols — Track & Field’s largest meet, which will be held mid-May at Deerfield this year.

“This was a meet with a [third] of the team, so that meant pre-meet for us was a lot smaller. Our pre-meet consists of block starts, excels, and anything for the tech events. I think our main goal for this meet was just to prepare for Interschols, which is later in May...

Interschols is one of our bigger meets and the Black Bear meet would be the same environment as Interschols, so that was something that we were keeping in mind,” Ly said.

As the team is gearing up for its last few meets of the season, Aziabor described how the team has been working heavily on its technique and striving for all athletes to stay cool and collected throughout the meet.

Aziabor said, “We’re getting to a point in the season where you can kind of shake off the nerves of just getting back from the track and now you’re trying to refine your events and your technique down as we’re getting close to the end of the season. A lot of the athletes just focused on kind of getting the kinks out of their races or their events and focusing more on the little things and I think it translated really well. We saw a lot of really good PR’s and showings from a bunch of athletes.”

On Saturday, a select group of Track & Field athletes will travel to Northfield Mount Hermon.

Madeleine Lehman
Alastriona O'Donnell
May 3, 2024

Track & Field Competes With Grit and Energy at NEPSTA Championships

Andover Track & Field sent a group of athletes to Deerfield to compete at the season’s culmination event, the New England Preparatory School Track Association (NEPSTA) Championships (Interschols) on May 18. The boys placed sixth (47 points) and the girls placed fifth (58.8 points) overall. The team set 21 season bests, 16 personal bests, and three class records at the competition.

Bennett Rodgers '26 acknowledged how preparing for Interschols influenced the team’s practices in the week prior. He noted how important being in the right mindset is and how the team prepared both physically and mentally.

“Getting ready for Interschols really impacted the week before in practice. That week we were really just working and getting ready, especially because this is one of the biggest meets of the year. One of the biggest things is just getting in the right mindset. We didn’t have any crazy workouts because we just really wanted to make sure that we were both physically and mentally prepared for the meet,” said Rodgers.

The team prepared using various training methods to optimize fitness while coaches provided helpful advice to athletes. Sarah Bae ’26 mentioned how fun the recent weeks have been due to fun activities while also working to improve technique.

“The whole week going into Interschols we were peaking and tapering, which was really helpful and our coaches have been great with providing us with feedback. Practice has been especially fun these past two weeks. We did something fun called ‘intersquad’ which is where we do fun little competitions with the team. This can include things like pacing a slow 4×1, a push content, or doing a plank challenge. Additionally, we focused on sharpening our technical skills. For sprinters we would do blocks and then for hurdlers we’d go over technique. Sprinters would work on turnover and strides,” said Bae.

Pole vaulters Hailey Piasecki ’26 and Rodgers placed first for the girls and boys side respectively, earning ten points each for their team. Rodgers shouted out Piasecki for achieving first place and setting a new personal record.

“Hailey Piasecki had a really great meet. She set a new personal record in pole vault clearing 9’6, and she also got first place at the NEPSAC championships, which is really cool. Both Hailey and I were able to get first place for pole vault on the girls and boys side which was very exciting,” said Rodgers.

Gracie Aziabor ’26 highlighted how big meets bring both excitement and occasional nerves. She stated how many of the athletes were competing at Interschols for the first time which added to the atmosphere.

“There is pressure at big meets like this. A lot of the people who were competing were actually new this year too and it was their first year at Interschols, me included. I think the main feelings were definitely excitement but there were also a lot of nerves, considering this was a big moment for a lot of us,” said Aziabor.

The meet brought in competitors from 17 different schools, fostering a highly competitive atmosphere. Rodgers stated how due to the competitive nature, athletes worked especially hard to prove their skills from both practices and previous meets.

“The energy was super fun and competitive. The energy was really high because this was one of the biggest meets. It has a lot of schools and is overall very competitive. It has all of the best athletes which creates a fun vibe where everyone is trying to prove how hard they have been working in practices and previous meets,” said Rodgers.

Ultimately, Phillips Exeter Academy (Exeter) took first on the girls side and second for the boys. Aziabor highlighted how this meet has allowed the team to learn what they have to work on and help it prepare for its upcoming meet against Exeter.

“We only have one meet left and it’s [Andover/Exeter]. Exeter has some really great competition as we were able to see at Interschols... We definitely have more things to look for and to work on and I think learning from how their athletes run and their events is really going to help us prepare,” said Aziabor.

Track & Field will compete at home against Exeter on Saturday for its annual dual Andover/Exeter meet.

Katherine Rodgers
May 24, 2024

Varsity Ultimate 2024

Coach: Scott Hoenig

Assistant Coaches: : Tim Liu, Steph Cormier, & Julia Sprague

Captains: Anthony Moody, Everett Woo, & Michaela Rowland

Managers: Sebastian Lemberger '25 & Dominique Williams '24

Overall Season Record

Win	Loss	Tie

Incomplete results

Letter Winners: Sebastian Cynn, Miklos F. Frusztajer, Nathaniel E. Goldberg, Christian Gomez, Fumihiko Kimura, Cyrus C. Law, Linus C. Law, Anthony J. Moody, Horatio A. Orbon, Germán Sanz-Rios, Shixun Song, Yui Takeuchi, Matthew P. Truong, Henry W. Wall, Eric Wang, Yujia Wang, Everett K. Woo, Dean D. Yang, & Zachary Kwing Fai Yuan

Sarah Barton, Sakina I. Cotton, Suhaila I. Cotton, Lisa L. de Boer, Cristina S. Donovan, Michela C. Rowland, Serafina B. Shin-von Nordenflycht, Niki M. Tavakoli, Dominique G. Williams, McKenzie J. Williams, Nanxi Xu, & Yuxian Liu

Award Winner: Spirit of the Game Varsity: Award Sebastian Cynn

Spirit of the Game GNB: Award: Michela Rowland

2024 Schedule and Results

Wed	04/03/2024	Ultimate Frisbee	Newton North Ultimate	H	4:30 PM			
Wed	04/10/2024	Ultimate Frisbee	Concord-Carlisle	A	3:45 PM	3-15		L
Fri	04/12/2024	Ultimate Frisbee	St. Sebastian's	H	4:00 PM	5-9		L
Wed	04/17/2024	Ultimate Frisbee	St. John's Prep	H	3:30 PM	15-13	W	
Sat	04/20/2024	Ultimate Frisbee	N.M.H./WILLISTON/Xavier	A	12:00 PM			
Wed	04/24/2024	Ultimate Frisbee	Lexington HS ultimate	H	4:00 PM	1-15		L
Sat	04/27/2024	Ultimate Frisbee	N.M.H. tourney	A	12:00 PM			
Wed	05/01/2024	Ultimate Frisbee	Masconomet Ultimate	A	4:00 PM	11-4	W	
Fri	05/03/2024	Ultimate Frisbee	Concord Academy	A	4:45 PM	14-7	W	
Wed	05/08/2024	Ultimate Frisbee	Somerville Ultimate	H	4:15 PM	4-14		L
Sat	05/11/2024	Ultimate Frisbee	NEPSUL TOURNEY	A	9:00 AM			
Wed	05/15/2024	Ultimate Frisbee	Belmont High School	H	4:30 PM	10-8	W	
Fri	05/17/2024	Ultimate Frisbee	Newton North Ultimate in place of Four Rivers	H	4:30 PM			
Fri	05/17/2024	Ultimate Frisbee	CRL Ultimate in place of Four Rivers	A	4:45 PM			
Fri	05/24/2024	Ultimate Frisbee	Andover Ultimate	H	4:00 PM			
Fri	04/05/2024	GNB Ultimate Frisbee	Newton North Girls & NB	H	4:30 PM			
Wed	04/10/2024	GNB Ultimate Frisbee	Cambridge R+L	H	5:30 PM			
Wed	04/24/2024	GNB Ultimate Frisbee	Lexington HS ultimate	H	4:00 PM			
Sat	04/27/2024	GNB Ultimate Frisbee	N.M.H. tourney	A	12:00 PM			
Wed	05/08/2024	GNB Ultimate Frisbee	Arlington	A	4:00 PM			
Sat	05/11/2024	GNB Ultimate Frisbee	NEPSUL TOURNEY	A	9:00 AM			
Wed	05/15/2024	GNB Ultimate Frisbee	Winchester	A	4:00 PM	13-6	W	
Fri	05/24/2024	GNB Ultimate Frisbee	Andover Ultimate	H	7:15 PM			



Phillips Academy

Ultimate Varsity 2024 Roster

<u>No.</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
	Adam W. Effendi	2027	Houston, TX
	Zachary Q. Skoutas	2026	Andover, MA
1	Cyrus C. Law	2027	Painted Post, NY
2	Nathaniel E. Goldberg	2027	North Andover, MA
4	Everett K. Woo *	2025	Lexington, MA
5	Horatio A. Orbon	2025	Weston, MA
6	Shengdao Ke	2027	Beverly Hills, CA
7	Eric Wang	2025	Fort Collins, CO
8	Germán Sanz-Rios	2024	Andover, MA
10	Miklos F. Frusztajer	2026	Guilford, CT
11	Linus C. Law	2024	Painted Post, NY
12	Dean D. Yang	2027	Newton, MA
13	Joao Gabriel B. Carreiro	2027	Framingham, MA
14	Anthony J. Moody *	2024	Andover, MA
15	Zachary Kwing Fai Yuan	2027	Hong Kong, HK
16	Fumihiko Kimura	2025	Tajimi, JP
17	Christian Gomez	2024	Santa Ana, CA
18	Henry W. Wall	2027	Andover, MA
19	Shixun Song	2026	Andover, MA
20	Sebastian Cynn	2024	New York, NY
21	Matthew P. Truong	2027	Andover, MA

*Captain

Coach: Scott Hoenig

Assistant Coaches: Tim Liu, Steph Cormier, Julia Sprague

Managers: Elisa Lee '26, Yui Takeuchi '26, Yujia Wang '26



Phillips Academy GNB Ultimate Varsity 2024 Roster

<u>No.</u>	<u>Name</u>	<u>Yr.</u>	<u>Hometown</u>
	Elvira V. Heck	2025	Alexandria, VA
	Nabilah Nazar	2025	Chicago, IL
	Dominique G. Williams	2024	Basseterre, KN
11	Yuxian Liu	2026	Andover, MA
1	Sarah Barton	2024	Andover, MA
3	Niki M. Tavakoli	2027	Andover, MA
6	Michela C. Rowland	2024	Andover, MA
7	Cristina S. Donovan	2024	Lynnfield, MA
8	Suhaila I. Cotton	2024	Cambridge, MA
10	Serafina B. Shin-von Nordenflycht	2025	Seattle, WA
12	Sakina I. Cotton	2024	Cambridge, MA
13	McKenzie J. Williams	2024	Boca Raton, FL
15	Lisa L. de Boer	2026	Amsterdam, NL

Coach: Tim Liu

Assistant Coaches: Scott Hoenig, Steph Cormier, Julia Sprague

Managers: Sebastian Lemberger '25, Dominique Williams '24

Varsity Ultimate In The News

Ultimate Frisbee Head Coach Scott Hoenig Inspires his Players to Follow the Values of Sportsmanship, Integrity, and Hard Work



Head Coach Scott Hoenig started coaching Ultimate in 1999. He holds a Level II coaching certification through USA Ultimate, and decades of experience playing at the college and club level, in mixed and open divisions. His coaching style heavily relies on sportsmanship, enthusiasm, and hard work.

In 1994, Hoenig was inspired by other students at his college to play. The spontaneous decision led him to eventually play in the Massachusetts High School Ultimate League (MAHSUL) All-Star game in 2009 and 2010.

“I started playing Ultimate my Freshman year at college and I got into it because I started playing it during orientation and I thought it was a lot of fun. In one of the early days of the year, I was walking past the athletic fields and I saw the ultimate team playing and I went out and gave it a try,” said Hoenig.

The aspect of Ultimate that resonates the most with Coach Hoenig is the camaraderie and self-accountability. During games, players work together to run the games.

Hoenig said, “There are no referees, and it’s self officiated even at the highest levels of the sport... Overall this means that there’s a really high level of sportsmanship in the sport. And that’s a thing that really draws me to Ultimate. The sport itself is a really exciting and fun sport to play. But the way that you play it, the self appreciation, sportsmanship, and respect is what kind of kept me playing.”

Hoenig emphasized the complexity of the sport and how it has led him to many exciting games, as well as social connections.

“There are a lot of really exciting plays, it’s really challenging. And can be really complex. And there are many different kinds of strategies utilized when playing. It has allowed me to really connect well with other people and make connections with them,” said Hoenig.

Co-captain Michela Rowland ’24, talked about the specific aspects of Ultimate Hoenig tries to focus on at practice.

“Coach Hoenig really pushes us to work on the fundamentals of good cuts and throws. He’s also big on mental toughness as well as physical,” Rowland wrote in an email to the *Phillipian*.

Co-captain Sakina Cotton ’24 also spoke on Hoenig’s leadership traits. He motivates his players to be the best all around and appreciates hard work.

Cotton said, “He really pushes people to be their best as an athlete, Ultimate player, and communicator. I also think that he values putting in energy and work and making the right choices. He definitely leads by those values and it’s clear during practice on the field or in his talking circles.”

Cotton continued to speak on how Hoenig prepares the team before games. Specifically, his tradition of quoting other Ultimate role models.

“Usually the day before he’ll share some motivational quotes. It’s kind of [a] tradition. So he’ll speak about John Wooden and other past players who’ve really paved the way for really great Ultimate. And then he also reminds us to go over strategy and talk with each other, get comfortable and make sure we’re ready for a lot of running and being able to perform really well, even when we’re tired,” said Cotton.

As a coach, Hoenig hopes that his players use lessons they learned in Ultimate out in the real world.

Hoenig said, “I hope that they’ll take away some lessons that they can apply in other areas of their life. Lessons about hard work, and enthusiasm, and integrity. Hopefully the players I coach are able to take some of these lessons that they learned from Ultimate and apply them in other areas of their life where they need to.”

Alexander Dimnaku

Mar 28, 2024

Ultimate Frisbee Sees First Victory of the Season



4/12 Andover: 5, St. Sebastian's: 9

4/17 Andover: 15, St. John's Prep: 13

Last Friday Ultimate Frisbee (1-2) fell to St. Sebastian's. The team went on to play St. John's Prep on Wednesday, securing its first win of the season with a close win.

Although the team lost against St. Sebastian, Miklosh Frusztajer '26 highlighted important improvements within the team. He noted the enhancement in the team's dynamic on the field and their ability to execute their planned strategy.

"There is definitely a lot more synergy between us, more understanding of the tactic, which is our sort of person-to-person marketing strategy that we employed. As well as the ability to maneuver and improvise. Obviously there are still things to iron out, but the core is we're getting a lot more used to playing Ultimate," said Frusztajer.

While the bad weather on Saturday brought many challenges, Frusztajer emphasized the importance of the energy brought by spectators. He also noted the optimism Saturday's strong game-play brought the team for future matches.

"The weather wasn't optimal. As Coach [Scott] Hoenig always tells us, 'that's uncontrollable, that's something that's completely out of our hands.' So, we're very thankful for everyone who showed up to support. There was a lot of great energy from the sidelines, from the supporters. We did get solid turnout, considering the dreadful conditions. But anyway, seeing that improvement from the last game and seeing those glimmers of hope, those glimmers of really good play, really has stuck with us all," said Frusztajer.

Cyrus Law '27 commended Co-Captains TJ Moody '24 and Everett Woo '25 for stepping up despite the weather. He also highlighted new players Frusztajer and Nate Goldberg '27 for their impressive performance.

Law said, "It was really windy that day, so a lot of the more experienced players, like our Captains, TJ and Everett, they did really well. Some of our newer players also contributed quite a bit. In particular, I think Miklosh and Nate. But I still think with the difficulty of playing in the wind, our Captains really helped us out."

On Wednesday, the team celebrated its first victory of the season against St. John's Prep. Dean Yang '27 highlighted the dynamic of the team and noted the excitement that came with the team's first win.

"There was a lot of good defense that I saw, and the chemistry was really good... [We] were passionate because we lost pretty bad [the] first couple games, so it was very exciting when we won," said Yang.

Looking forward, the team hopes to continue working on skill development and strategy so that it is prepared when it encounters challenges with the weather. According to Law, the team will work on throwing and catching in particular.

"In general, everyone can work on our technical skills, especially since we can't really control the weather. We don't know how it's going to be, we can't expect it to always be perfect for frisbee. Yes, we're working on tactics for the new players and technical skills for everyone, like throwing and catching, that will be really important," said Law.

On Saturday, Ultimate Frisbee will play away at Northfield Mount Hermon (NMH) against Williston, Xavier, and NMH, and on Wednesday it will play home against Lexington High School.

Tara Menon

Apr 19, 2024

Ultimate Frisbee Suffers Tough Losses to NMH, Williston, Xavier, and Lexington



Saturday 4/20 – Andover: , Williston

Saturday 4/20 – Andover: , NMH

Saturday 4/20 – Andover: , Xavier

Wednesday 4/24 – Andover: Lexington HS Ultimate:

Ultimate Frisbee (1-4) lost all three games in the tripleheader on Saturday. Despite playing experienced teams with tactics the team had never seen before, Andover managed to keep up with the competition, narrowly losing to Northfield Mount Hermon (NMH) in overtime. On Wednesday, Andover fell to Lexington High School as well.

Despite the tough losses in the tripleheader, Ultimate Frisbee is still very positive about its results. Miklosh Frusztajer '26 stated that the team is showing promising signs of improvement.

Frusztajer said, "Considering we are still early in the season, we are seeing promising signs of improvement. We had movement and shape down, we were playing good possession frisbee. There were occasional mistakes, which the other teams capitalized on and we didn't. I thought that the NMH game especially was an impressive performance, we played a different strategy and we kept it close."

Similar sentiments were expressed by Zachary Yuan '27 who mentioned that the team is still putting the pieces together but that these games are preparing them for its next tournament on Saturday.

"The team played pretty well. It was a learning experience for all of us since we are a bit inexperienced. We were able to do what we did in practice and put it on the field. We were all able to improve a lot and prepare us for the upcoming tournament on Saturday," said Yuan.

Although Ultimate Frisbee fell short during its games, there were still many bright spots in its game. Frusztajer mentioned that the team's collaboration and chemistry with each other has been very strong, and its endurance was impressive.

"Collaboration was there. The chemistry was there. We were able to have a sense of understanding between each other that was exemplified in each of the games. Otherwise, bearing the weight of the day, playing three games is intense, and considering the team is still playing four and a half hours, it is still really good to see, in spite of numerous injuries," said Frusztajer.

Cyrus Law '27 added that Ultimate was very good at adapting to the other team's tactics. With the team being relatively young, many players had not seen the variety of strategies and plays used by their opponents.

Law said, "Some of the teams we played against used tactics we haven't seen before. Coach [Scott Hoenig] was giving us tips and we were figuring it out on the fly. This time back to the fact that our team is relatively inexperienced. We were caught off guard but once we caught onto it we adapted really well."

With the season only halfway through, Ultimate Frisbee still has many things to improve on. Yuan said that the team needs to work on not rushing and turning the disc over.

"We are a very young team with a lot of [Juniors] which means we have a lot of room for improvement. Just being able to take our time and make good passes and cuts and just take our time on the field. Sometimes, we are rushing and turning the disc over. When you play against teams like Lexington, it is important to take it slow and make sure to complete all of our passes," said Yuan.

Ultimate Frisbee will play at the NMH tournament on Saturday.

David Siahaan

Apr 26, 2024

Ultimate Frisbee Battles Injury in Tournament at Northfield Mount Hermon, Then Dominates Against Masconomet

4/27 NMH Tournament:

Hartsbrook: 7-13 loss

Williston B: 8-7 win

NMH: 3-11 loss

4/27 GNB NMH Tournament:

Williston: 3-12 loss

Lincoln-Sudbury: 6-9 loss

Somerville: 10-3 win

NMH: 10-1 win

5/1 Masconomet: 11-4 win

This past Saturday, Ultimate Frisbee traveled to Northfield Mount Herson (NMH) to compete in a three game series. The team fell to Hartsbrook and NMH but secured a victory over Williston Northampton (Williston). The Girls and Non-binary team came back with two wins against NMH and Somerville but fell to Williston and Lincoln-Sudbury. On Wednesday, against Masconomet, the team grabbed a dominant win.

Dean Yang '27 shared the difficulties that came with having seven to eight less substitutes than other teams during a three game tournament. Despite that, he noted that the team was able to stay consistent until the end.

"We were low on sub[stitute]s because we have a lot of injuries right now. So, it was tough. A lot of other teams have maybe 20 subs, and we have like 12 or 13, so, by the end of the tournament we were really tired, but we stayed strong," said Yang. Yang shared that going into the tournament, the team put an emphasis on offense. He mentioned that the team practiced being able to identify when to use certain offensive tactics and how to execute them well.

Yang said, "There are three main types of offenses... So, it's a split stack, the zone offense, and then the vertical stack. They all have different uses depending on what defense you're playing, so you have to be really versatile [with] what we throw, so a lot of preparation has gone into learning those new offenses."

On Wednesday, the team dominated against Masconomet. Miklosh Frusztajer '26 highlighted Nate Goldberg '26 for his impressive performance, dominating on defense with many blocks.

"Nate Goldberg stood out today. He's an amazing player. He had like 60 blocks, which is pretty much unheard of. He had an overall very solid effort on defense and really gave his all for the team today," said Frusztajer.

Yang attributed much of the team's win to its ability to handle the disc well. He noted that this allowed the team to control the game and minimize turnovers.

"[The difference between us and the other team] was mostly in how we handled it, and with the hand movement, just being able to control the disc and not turn it over when doing short passes is really critical. So, that team really struggled with that at some points, and that's why they couldn't really progress the disc down," said Yang.

Zachary Yuan '27 talked about how the team was able to successfully execute its split stacks offense. He also shared that the team was able to defend and block well, aiding in the overall success of the game.

"We ran our split stacks offense pretty well, which is when you have three handlers and two cutters on each side, and you leave the space in the middle open so the cutters can cut into the open space and try to get the disc. We also had good marking posture and were good at blocking on defense and stuff like that which really helped us in this game," said Yuan. Frusztajer shared that the team could have done better in terms of movement and awareness. He noted that this gives the team an achievable goal to improve on for future games.

"When a lot of the movement stopped, we found ourselves standing still a lot. That's something that we can improve by just being more aware as players. And it's definitely something we've been working on since the start of the season. A game like this is a really good opportunity to learn from that, and it really highlighted where we went wrong, and gives us something to work on in the future," said Frusztajer.

On Friday, the team will play away at Concord.

Alexander Dimnaku

May 3, 2024

Boys Varsity Volleyball

2024

Coach: Alex Svec

Assistant Coach: Clyfe Beckwith

Captains: Eddie Lou & William Suh

Managers: Yawen Cai '24, Sophie Holten-Moravek '25, Zhenkun Wang '24, & Yuexin Zeng '24

Overall Season Record

Win	Loss	Tie
7	6	0

Letter Winners: Yawen Cai, Brandon Jia-Xun Fu, Sophie Alexandra Holten- Moravek, Jonathan Nuohua Jin, Guilherme Silveira Lima, Eddie Lou, Maurice Manjong Ntoro, Obinna Ndubuisi Nwaneri, William Francis Oh, Inti Matthew Stephenson, William Jangho Suh, Kai Davide Szanton, Malcolm Immanuel Tolbert, Zhenkun Wang, Raymond Ghaddell Williams, Jeremy Woodley, Arthur Wu, & Yuexin Zeng

Award Winner: MVP -

Boys Volleyball

2024 Schedule and Results

Fri	03/22/2024	Volleyball BV	St. John's Prep	A	4:30 PM	1-3		L
Wed	03/27/2024	Volleyball BV	Andover HS	H	4:00 PM	1-3		L
Fri	03/29/2024	Volleyball BV	Lawrence HS	H	4:30 PM	3-1	W	
Sat	03/30/2024	Volleyball BV	Choate	H	2:30 PM	3-0	W	
Sat	04/06/2024	Volleyball BV	N.M.H.	A	4:00 PM	3-1	W	
Wed	04/10/2024	Volleyball BV	Exeter	A	3:30 PM	2-3		L
Wed	04/17/2024	Volleyball BV	North Andover HS	H	3:30 PM	3-2	W	
Thu	04/18/2024	Volleyball BV	St. John's Prep	A	5:30 PM	0-3		L
Sat	04/27/2024	Volleyball BV	N.M.H.	H	2:30 PM	3-0	W	
Wed	05/01/2024	Volleyball BV	Exeter	H	3:30 PM	2-3		L
Sat	05/04/2024	Volleyball BV	Choate	A	4:15 PM	3-0	W	
Wed	05/08/2024	Volleyball BV	Tournament Choate	H		3-0	W	
Sat	05/11/2024	Volleyball BV	Tournament PEA	H	12:00 PM	0-3		L

**Phillips Academy
Boys Varsity Volleyball 2024**

<u>No.</u>	<u>Name</u>	<u>Yr</u>	<u>Hometown</u>
4/4	Inti M. Stephenson	2025	Lawrence, MA
8/5	William F. Oh	2026	Seoul, KR
6	Obinna N. Nwaneri	2024	Iowa City, IA
7	Raymond G. Williams	2026	Boston, MA
9	Brian Chica-Herrera	2024	Andover, MA
10	Kai D. Szanton	2026	Charlotte, NC
11	Eddie Lou *	2024	Orlando, FL
12	Jeremy Woodley	2026	Lowell, MA
13	Malcolm I. Tolbert	2026	Waltham, MA
14	Maurice M. Ntoro	2026	Lowell, MA
15	Guilherme S. Lima	2024	Salvador BA, BR
16	William J. Suh*	2024	Northbrook, IL
18	Jonathan N. Jin	2024	Hudson, OH
19	Arthur Wu	2025	Beijing, CN
20	Brandon J. Fu	2025	Weston, MA

*Captain

Head Coach: Alex Svec
Assistant Coach: Clyfe Beckwith
Managers: Yawen Cai '24, Sophie Holten-Moravek '25,
Zhenkun Wang '24, Yuexin Zeng '24

Boys Volleyball

In the News

Boys Volleyball Suffer Defeat in Season Opener



3/28 – Andover: 1, Andover High School: 3 (Sets)

In the season opener, Boys Volleyball suffered a loss against Andover High School. With the addition of many new players this year, the team will use the experience as an opportunity to improve and effectively integrate the new players.

Brandon Fu '25, one of the new players on the team this year, noted that the team is determined to help everyone find their own unique areas of expertise. In the following days, Andover will continue to solidify its team chemistry.

Fu said, "It's definitely a transition... A lot of awesome Lower players that bring so much energy and fun into practice and games. We are still finding our footing. We are trying to get better with every practice and really work on technique and chemistry within the group, and I think that having new players is inevitable, but also a blessing to have so many awesome guys ready to step in and have fun."

William Suh '24 credited Will Oh '26 for his defensive prowess and hard work. He also highlighted returning member Arthur Wu '25 for his well rounded skillset.

"I think Will Oh stood out, especially because it's his first year at Andover as a new Lower. I think his defensive performance was amazing. I also thought Arthur Wu was another amazing player today. He had a couple great kills and spikes as our middle blocker and a couple good blocks so I am proud of him too," said Suh.

In preparation for its first game, the team concentrated on both offensive and defensive strategy, prioritizing foundational techniques and skills to strengthen their play. Fu highlighted the team's dedication to instill confidence into players and its plans for improvement as the season unfolds.

"This week, we have been working on a couple of fundamentals of volleyball... In game, it definitely has continued to be a challenge. We are still very early in the season, and I have faith in the guys that we are going to pull through in these next few games, but the work that we have put into practice has definitely shown in the games. It is only up from here and hopefully we will see some positive results in the coming weeks," Fu said.

Suh shared similar sentiments, noting that the team's practices revolved around training essential volleyball plays.

Suh said, "One of the things we talked about was closing the block. It is really important that our middles close the block with our pin hitters when we are blocking the other opponent's spikes. We also focused a lot on serve and receive during practices. I think our team is gradually getting better in those aspects but there is still room for improvement as well."

Despite the 1-3 loss, Fu emphasized positive aspects that the team hopes to continue nurturing throughout the season. He praised the team for its energy during the game and its ability to keep mental composure even during stressful situations.

Fu said "Our bench was awesome today, we had a lot of energetic cheers. We have awesome guys who lead the way and keep our heads level. It's a pretty mental game and it is pretty mentally taxing to put one point behind you and focus on the next. I am grateful that we have cool headed, calm, ready, and collected guys who are ready to lead us through thick and thin."

Looking ahead, Fu highlighted how the team will address areas that could use special attention, with the central goal of creating a strong foundation to build upon.

Fu said, "We will study film, and one of my teammates, Jonathan Jin, has a saying that he repeats in practice. He says 'the little things' and it is a lot of the little things. I think we are really close to being a great team and cohesive unit... We have to focus on tidying up the little things, whether that be closing blocks, getting serves in, transitioning quickly, and knowing where we are supposed to be. Once we get those little things down we will be unstoppable."

Boys Volleyball will play Lawrence High School at home on Friday.

Henry Snow
Mar 28, 2024

Boys Volleyball Dominates Choate, Taking All Three Sets



Saturday 3/30 – Andover: 3, Choate: 0

Boys Volleyball (1-0) played Choate at home last Saturday for its first official game of the season. Andover won all three sets against Choate.

Guilherme Lima '24 highlighted Arthur Wu '25 and Eddie Lou '24 for their exceptional teamwork in the win against Choate. Specifically, Lima described the powerful combination of Lou's sets to

Wu and Wu's impressive hits.

"Arthur Wu had a great game. This was probably his best game this season so far because we were able to run our offense the best we have run so far this season, and we were getting a good ball to the setter. Our setter, who also had a great game, Eddie Lou was getting some really nice sets to Arthur, and Arthur was elevating so high and getting some incredible hits," said Lima. Brandon Fu '25 discussed the team's practice strategies leading up to the Choate game as well as the various scrimmages they had in preparation for the season opener against Choate.

"Choate was the last of our three-game and four-day series that we had last week.

We had Andover High on Wednesday and Lawrence High on Friday. Those were both scrimmages. I think those scrimmages were testing different aspects of our play, and it helped us lean into the Choate matchup... We always want to work on passing making sure we can get passes to the setter, and also having a positive spirit. It's a pretty big mental game... Having fun and enjoying everything in the spirit of the game is important," said Fu.

According to Raymond Williams '26, the team has a lot of positivity on the sidelines, which is particularly important in volleyball as a momentum sport where more energetic teams tend to have the greater advantage.

"Our coach has said that the team's energy is probably the best he's ever coached. People on the bench who may not start this year and some of the newer people on the team work hard to make the energy as positive and as loving as it could be. The effects of it have been seen because volleyball is a momentum sport. It's really easy to lose a point and then sulk. But when you have people all around you cheering you on and wishing you the absolute best the energy...transforms you and it elevates your level of skill," said Williams.

Fu also commented on the team's plans for further improving its performance in the upcoming weeks. This included watching films to analyze both weak and strong points as well as working on core skills.

"We're going to watch films, [and] we're going to break down films of the past few games...[to] determine weak points and strong suits and develop plays from there. In addition to that, we are going to work on our fundamentals, especially on the first and last day of practice leading up to games. In between we'll probably do some conditioning, maybe some further techniques, drills, and game-type situations... Overall, I think it's going to be a really exciting week in practice," said Fu.

Boys Volleyball will play Northfield Mount Hermon on Saturday.

Alexander Dimnaku

Apr 5, 2024

Boys Volleyball Wins to NMH and Falls to Exeter Rivals

Saturday 4/6 – Andover: 3, NMH: 1

Wednesday 4/10 – Andover: 2, Exeter: 3

On Saturday and Wednesday, Boys Volleyball (2-1) overcame Northfield Mount Hermon (NMH) and fell to Phillips Exeter Academy (Exeter) respectively. On Saturday, the game lasted a total of four sets, with Andover winning three of them. On Wednesday, however, Boys Volleyball played a total of five sets, and fell short to Exeter's three wins.

After the win on Saturday, Inti Stephenson Castro '25 recognized the key moments that allowed Andover to prevail over NMH.

"We were really on our game [on Saturday]. The first set was a rocky start for us. Everyone was a bit nervous in this set and we are not getting the right touches in with the ball. We ended up losing in the first but by a pretty small margin. Then, our Coach had a great moment talking to the team which exemplified his leadership skills. Following his speech, everyone just popped off... We were able to play composed and shut down their offense," said Stephenson Castro.

Co-Captain William Suh '24 praised Brian Chica-Herrera '24 for his performance against NMH. He spoke on how Chica-Herrera has been able to adjust to the team and has begun making big plays.

Suh said, “I want to highlight Brian Chica, one of the Seniors on the team. He’s starting to find his rhythm more in terms of his offense. He’s swinging the ball hard and scoring a lot more points. I’m really proud of his development and his increasing confidence. He’s really falling into the rhythm of the rest of the team and making us dangerous.”

In preparation for the game against Exeter, Boys Volleyball was focused on cleaning up the weaker aspects of its game.

Stephenson Castro mentioned the team’s main priorities before Wednesday’s game.

“So Exeter apparently does not have a lot of depth in their team. They have a pretty tall middle [blocker] but it doesn’t matter because I’m feeling more than ready to shut him down. I’m the libero so I’m playing to return their hard hits and to be the glue in our defense. We have a fantastic defense and a strong offense. Our main game plan for today, against Exeter, is to send free balls that from a messed up play to the weaker points in Exeter’s defense. We feel very confident facing off against Exeter and we are excited to employ our strategy,” said Stephenson Castro.

After the game against Exeter, Chica-Herrera ’24 shared how the team fell short, and where they could have improved. He explained that the game lasted five sets coming down to the wire with an unfortunate ending for Andover.

Chica-Herrera said, “Overall it went pretty well, but in the end we did lose after five sets. In the first set, we steamrolled Exeter which was a great start for us. The second set they adjusted really well and then they dominated us. The third and fourth sets were pretty average with one for them and one for us, and then in the fifth set, we just got stuck in one rotation and didn’t make much progress out of it, so they ended up taking the win.”

Despite the loss, Suh highlighted how the energy and confidence of the team has allowed it to have a hot start to the season. He noted that the energy on the team has started with the seniors but has quickly been passed on to the lowerclassmen.

“The main strength of our team is... energy. A lot of the new guys bring a lot of passion to the sport. They’re always loud, even if they’re on the bench. I always just bring a positive mood to the games. It’s really great that we are able to have such great energy both on and off the court,” said Suh.

Boys Volleyball will have scrimmages against North Andover High School this Wednesday and St. John’s Prep this Thursday.

Michael Williamson

Apr 11, 2024

Boys Volleyball Co-Captain Eddie Lou ’24 Leads With Decisiveness and Enthusiasm



Boys Volleyball Co-Captain Eddie Lou ’24 began his volleyball journey in ninth grade. He later became the starting setter on the Varsity team, leading the team to two consecutive New England Preparatory School Athletic School Council (NEPSAC) Championships.

“I started playing volleyball Freshman year in Fall Term. I did instructional volleyball. I started because I watched the animated show ‘Haikyuu’ during Covid[-19], and I really resonated with the protagonist. So, when I got here, I decided to play,” said Lou.

For Lou, the thing that surprised him the most about the sport was its highly collaborative nature. He highlighted how mutual support between teammates and the ability to depend on each other helped make playing volleyball particularly satisfying.

Lou said, “Volleyball was my first and really only team sport that I played that has uniquely given me a chance to build even deeper relationships that I haven’t had with people in other sports. The team aspect of it makes it really satisfying and fun to play because I know that whenever I succeed, my whole team succeeds and vice versa. So, having that individual contribution that builds and works towards a larger goal is really fulfilling.”

Lou noted the similarities between his role as a setter and as Co-Captain.

“Because I am the team’s setter, I’m already making decisions about how we play offensively and defensively, even before I was the captain. And so becoming captain, my role has very much aligned with my role as setting. At its core, it’s very much a tough love type of leadership. I hold all of my teammates to a pretty strong standard... Whenever I make a mistake, I am always quick to admit to it and move forward. I hope that that helps everybody else choose to do that too,” said Lou.

William Oh ’26 mentioned how Lou’s positivity and enthusiasm are proof of his strong leadership. Always a source of reassurance and support even while facing challenges, Lou serves as a figure that his teammates can look up to, both as an athlete and as a person.

“Eddie is someone that’s really enthusiastic, someone that’s really caring, and really passionate about the sport. He leads by example, and he tries to keep everyone uplifted. He’s positive and constantly tries to be as optimistic as possible after [a] point and tries to tell us to keep on moving forward,” said Oh.

Inti Stephenson ’25 echoed Oh, highlighting Lou’s captainship and competitive spirit.

Stephenson said, "I'd say I appreciate his dependability. He always performs well, and he always plays at his 100." As part of his role, Lou leads practices and ensures that they run smoothly, while encouraging the team to stay focused. Oh noted how Lou assists the coaches to organize the practice in ways that most benefit the athletes' needs. Oh said, "By doing so, [he] just makes the transition from warm ups to in-game scrimmages a lot more seamless... He is allowed to lead the players a lot more easily, and he empathizes with us because he's been in our position. And by having someone that's been in our position, he knows the struggles as well as what it takes to make the team succeed." Always a setter at heart, Lou is particularly aware of the importance of communicating on the court and strategizing with the team, a skill that continues to remain prominent in his role as Co-Captain. Lou said, "I'm definitely very vocal in regards to everything, serve, receive and offense. Although I can be really intense, at the same time, at the core of it is my job as [a] setter to make the rest of our team look really good. And so that is really about having fun and trying cool, wacky, unpredictable things during the game, just [doing] something entertaining."

Alexander Dimnaku
Apr 11, 2024

Boys Volleyball Suffers Tough Loss to St. John's Prep

Andover Boys Volleyball suffered a tough loss in a scrimmage to St. John's Prep (the Prep) on Saturday. In a rematch with many players out with injuries, including Co-Captain Will Suh '24, Andover was swept by the Prep 3-0. William Oh '26 expressed his disappointment with this week's shortcomings, noting that it wasn't up to par with the team's standards for itself. Oh said, "I think that we played a lot worse than we could have. It was not our full potential. This only perpetuates our ambition against [Northfield Mount Hermon] (NMH) and [Phillips Exeter Academy] (Exeter). These games are only scrimmages, but we were still disappointed. We were quite stunned by the absence of our captain Will Suh." Arthur Wu '25 shared similar sentiments, expressing that Suh's injury hindered the team's ability to play at their best. However, the team adapted and fought hard to stay in the game. "During our game against St. John's [Prep], we were missing many key players like one of our Captains, Will Suh '24. This led to a lower amount of energy from the team, but we made adjustments and played as hard as we could until the very end," said Wu. Notably, a change of lineup boosted the team's success late in its match against the Prep. Oh noted that Wu replacing Suh's position helped the team find its offensive footing. "One of the bright spots was our adaptability. In the beginning, we were a little distraught without Will. But after a little bit, we found our groove like Arthur playing outside instead of middle, and these changes are something that we found good in a pretty bad game," said Oh. Oh continued, "One player that stood out was Kai Szanton [26]. It was one of the moments where he had more playing time than usual this season, and I think he stepped up very well." Finishing its first half of the season, Andover continues to build on its foundation. Brandon Fu '25 shared the team's plans for forthcoming games. "Today, we ran through some conditioning and a lot of in-game scenarios. We are going to continue to scrimmage and get the fundamentals solid leading up to the game on Saturday, where hopefully, our work will pay off in the form of a win against NMH," said Fu. Wu described keeping a proactive mindset and high morale throughout the upcoming weeks, even during more competitive matches. "Moving into our future games, our main priority is our 'let's go for it' mindset. Focusing on the things that we are good at. We were discouraged at the beginning because our energy was low, so starting off strong is really important moving towards our next games," said Wu. Despite the loss, Boys Volleyball is hopeful for the end of the season. Wu highlighted the team's aspirations and continued plans for practice. Wu said, "Our goal now is to lock in the first seed, play well, and hopefully participate in the finals for our league. We also need to continue polishing certain aspects of our gameplay, like consistent serving and smart hitting." Boys Volleyball will play NMH and Exeter this Saturday and Wednesday.

David Siahaan

Apr 26, 2024

Boys Volleyball Dominates Against NMH



On Saturday Boys Volleyball competed against Northfield Mount Hermon (NMH), as they impressively swept them 3-0. This game was followed by a close 2-3 loss against Phillips Exeter Academy (Exeter) on Wednesday. Both games were characterized by high energy and momentum. The team is determined to continue their hard work as they head into the rest of the season.

Heading into the game against NMH, the team was filled with confidence. Their momentum and energy enabled them to start strong and maintain solid performance throughout the match. Malcolm

Tolbert '26 noted the team's ability to sustain a positive attitude during the entire game.

Tolbert said "We came into this game pretty confidently. We knew we could definitely beat NMH so we just tried to get as much momentum as possible. It all started in warmups. We were super hyped up, and everyone was hitting really well from the start. We just carried that energy into the game and were able to sweep them."

During the practices before the game, the team diligently focused on refining their skills. Specifically, Tolbert mentioned that they engaged in numerous drills aimed at improving serve receive and ball control.

Tolbert said "Going into this game we were really focused on serve receive. In the practices before, we did a lot of drills just focusing on that ball control and making sure we could sharpen our serve-receive skills."

The team's strong chemistry has been a key factor in their success. In volleyball, it's crucial to play as a unit rather than as individuals. Jeremy Woodley '26 emphasized how the team successfully integrated their skills together cohesively.

Woodley said "One strength during this game was our energy and communication. Everyone was just really a team player which is very important in volleyball. If one part of the game is off then it can kind of offset everyone, but during this game, we were really able to connect all of the parts of the game together."

Not only was the team able to pull out with an impressive win, but they have also gained helpful experience as they continue with their season. Tolbert mentioned how the confidence this win provided will greatly help them in future situations.

"This game is definitely very helpful as we go into the rest of the season. It will just be helpful to use because of the energy we had. If we take the momentum and confidence we gained from this game we will be set up well for the games we have in the future," Tolbert said.

The Andover vs. Exeter matchup consistently creates a fiercely competitive environment. Buoyed by their victory against NMH, the team quickly secured a 2-0 lead. Kai Szanton '26 acknowledged that despite losing momentum in the third set, they still delivered a strong performance overall.

Szanton said "Whenever we play Exeter it is always a fun game, and this was no different. We came in with a desire to win, and we executed that to perfection for the first two sets. This made it so we were up 2-0. Unfortunately, we ended up losing that in set three, but that's just something to work on overall."

The team anticipates facing Exeter again this season, potentially in the championships. Szanton noted that after playing two games against Exeter, the team has gained valuable insights into their playing style, which could be strategically advantageous in future matchups.

Szanton said "We are set on doing our absolute best to prepare to play Exeter in the championship. We have played them twice now so we have a good sense of how they operate. That knowledge will just guide us while we prepare again. Next time when we play them we are just going to be ready to destroy them."

Boys Volleyball with play Choate away this Saturday

Katherine Rodgers

May 3, 2024

Girls Varsity Water Polo

2024

Coaches: Howie Kalter & Jill Meyer

Captains: Molly MacKinnon & Mia Wonacott

Managers: Zachary Godsey '25 James Herlihy '24, & Ashton Ma '24

Overall Season Record

Win	Loss	Tie
		0

Incomplete records

Letter Winners: Addison Deng, Zachary A. Godsey, Sofia K. Hatzigiannis, James C. Herlihy, Ashton Ma, Marian C. MacKinnon, Sahana P. Manikandan, Isabelle R. Matloff, Adelaide C. Morales, Evangeline V. Oosting, Mira Patodia, Aimee L. Qi, Emily E. Ryan, Sarah A. Samoluk, Mia E. Wonacott, Melinda Z. Wu, Sophia G. You, Alice Y. Zha, & Ariana W. Zhao

Award Winner: MVP – Mia E. Wonacott

Girls Varsity Water Polo

2024 Schedule and Results

Sat	03/30/2024	Water Polo G	Williston	A	1:00 PM	8-18	L
Sat	04/06/2024	Water Polo G	Deerfield/Greenwich	A	2:45 PM	17-24, 7-12	L,L
Wed	04/10/2024	Water Polo G	Exeter	A	3:30 PM	13-17	L
Sat	04/20/2024	Water Polo G	Choate/Sacred Heart	A	2:00 PM	7-11, 10-21	L,L
Sat	04/27/2024	Water Polo G	Williston/Greenwich HS	H	1:15 PM		
Sat	05/04/2024	Water Polo G	Loomis/Choate	A	4:15 PM	6-7, 3-12	L,L
Wed	05/08/2024	Water Polo G	Exeter	H	3:00 PM		
Sat	05/11/2024	Water Polo G	Hopkins/Deerfield	A	1:30 PM		

Phillips Academy
Girls Varsity Water Polo
2024

<u>Name</u>	<u>Yr.</u>	<u>Hometown</u>
Saisha S. Bhosle	2027	Windham, NH
Addison Deng	2026	Shanghai, CH
Sofia K. Hatzigiannis	2026	North Andover, MA
Marian C. MacKinnon *	2024	Daniel Island, SC
Sahana P. Manikandan	2026	Princeton, NJ
Isabelle R. Matloff	2024	Los Angeles, CA
Adelaide C. Morales	2025	Nokomis, FL
Evangeline V. Oosting	2024	Haverhill, MA
Mira Patodia	2026	Belmont, MA
Aimee L. Qi	2027	Sharon, MA
Emily E. Ryan	2025	Rumson, NJ
Sarah A. Samoluk	2026	Andover, MA
Mia E. Wonacott *	2024	Bethesda, MD
Melinda Z. Wu	2025	Cherry Hill, NJ
Sophia G. You	2026	Naperville, IL
Alice Y. Zha	2025	Montreal, QC, CA
Ariana W. Zhao	2025	North Andover, MA

* Captain

Coaches: Jill Meyer & Howie Kalter
Managers: Zachary Godsey '25 James Herlihy '24, Ashton Ma '24

Girls Varsity Water Polo In The News

Girls Water Polo Falls to Last Year's Defending Champion Williston in Season Opener

Saturday 3/30 – Andover: 8, Williston: 18

Girls Water Polo (0-1) opened its season against Williston last Saturday. With goals scored by Co-Captain Molly MacKinnon '24, Co-Captain Mia Wonacott '24, Addison Deng '26, Emily Ryan '25, and Ariana Zhao '25, the team put up a promising performance against last year's defending champion.

According to Mira Patodia '26, leading up to the game, practice was centered around both drills and conditioning.

Patodia said, "We had some players who had never really played water polo before. We did a lot of drills and practicing before we started to get into some other water polo activities and scrimmages and stuff to prepare for the actual game. We had to do a lot of beginner stuff, just because the season started a week and a half ago, but so far, it's been really good."

Considering that many team members are new and practices only began approximately ten days ago, the team finds itself still struggling a bit with efficient communication in the pool. However, Patodia has high hopes that the team will steadily improve with time.

Patodia said, "It's hard because you have to be more comfortable. It's hard to communicate with each other... when you don't have that connection in the pool as much yet, just because it's been only a week and a half. So, I think with time, that stuff will get a lot better."

Aimee Qi '27 elaborated on the team's potential and how sufficient practice has helped the team gain the strength and endurance to play rigorously.

"A crucial moment in the game was the first goal, which was pretty early in the first quarter. It really demonstrated how much we grew and proved that we had the ability to play against Williston," said Qi.

Patodia also noted that the team has already grown incredibly close despite how little time has passed since the start of its practices. A close connection between teammates is crucial, as it has a heavy influence on the game.

Patodia said, "The whole team is really comfortable with each other, and that [is] also translated into the pool."

Qi highlighted Wonacott's performance, noting how she always puts her best foot forward and sets a strong example for the entirety of the team.

Qi said, "Mia stood out to me because of the effort she put in and how she would always be giving 100 percent by trying to get open or get the ball to someone else."

On Saturday, Water Polo will play Deerfield and Greenwich Academy away.

Tara Menon

Apr 5, 2024

Girls Water Polo Head Coach Jill Meyer '09 is a Face of Support



Beginning her water polo journey as a student at Andover, Girls Water Polo Head Coach Jill Meyer '09 played throughout her years at Andover and returned to the sport as a coach when she became a teaching fellow in 2013. Now, as head coach, she leads the team with a supportive and inclusive mindset.

Meyer described the importance of feedback, mutual learning, and group efforts.

Through collaboration with the players and Coach Howie Kalter '07, the Water Polo team is able to learn from one another's strengths.

In an email to *The Phillipian*, Meyer wrote, "[I] like to facilitate opportunities for students to lead. For example, if we are going to have a team meeting, I like to share goals and intentions and then let captains and players guide the conversation. I really enjoy having a co-coach to work with and create space for us to let our own talents shine. Coach Kalter has a tremendous understanding of the game and I hope that I am contributing by helping to create the culture where our players trust one another and can anticipate how their teammates will act as a result of knowing one another well."

At Andover, Girls Water Polo is a sport that welcomes players of all levels. Sophia You '26 highlighted Meyer's willingness to help newcomers and veteran players alike with their training.

"She really takes the time to help the people who are completely new to the game, and she also takes time to train people in specific skills that they want to work on. For example, when the season started, she took a lot of time to work with the goalies separately to build up those skills through them, [which] helped to build up the team overall by focusing on that one group," said You.

When players face moments of struggle, Meyer remains a guiding figure for members of the team to turn to for support. By working with them to identify their emotions and look at the problem from different perspectives, Meyer prevents players from tearing themselves down and viewing things as solely good or bad.

Meyer wrote, "I try to maintain an open line of dialogue with each of the players. If someone seems off, I am comfortable pulling them aside and saying 'Hey, what's up.' I try to emphasize that they need to measure themselves against themselves — comparison is the thief of joy. I encourage them to use their last performance as a metric against which to measure their growth. What did you do this game that you couldn't last time? What would you like to focus on for the next game?"

Meyer believes in the magic of little steps building on each other to achieve greater outcomes. To Sahana Manikandan '26, Meyer's consistent emphasis on the small benchmarks in practices and games is something that assists the team in its pursuit of success.

"She emphasizes always having a goal in mind, and she's a firm believer [that] you'll get the best results in your game or even just a practice by having one small goal in mind that you plan on achieving... So that you could add those goals together and hopefully at the end of the season be where you want to be personally," said Manikandan.

Overall, Meyer hopes the members of the team place much more value in their experiences as water polo players than a number on the scoreboard.

Meyer wrote, "I hope that they will come away from the season with a strong sense of belonging and responsibility to one another. Working on a team is an incredibly special and dynamic experience. It's growing and learning as a player and also as a teammate. I hope that they will work hard and be proud of their improvement and skills, no matter the outcome of a given game."

Orla Naughton
Apr 11, 2024

Girls Water Polo Co-Captain Molly MacKinnon's '24's Positivity Creates Inclusive and Communicative Atmosphere



Water Polo Co-Captain Molly MacKinnon '24 creates a team that fosters inclusivity among both its returning and new players. She is an outgoing teammate whose personal experiences and knowledgeability better the team.

MacKinnon started playing her Lower Year after many years of competitive swimming. She immediately fell in love with the supportive and fun team. MacKinnon noted how the positive environment allowed her to feel comfortable with asking questions and improving.

MacKinnon said, "I started playing water polo my [Lower Year] at Andover, because I was a new Lower. I grew up swimming competitively but never really played any other sports, so I was super excited about joining the water polo team... We are such a close knit group and when I got to the team without playing before, the team and... [Head] Coach [Jill] Meyer made me feel so welcome and made the team really fun to be on. The supportive and encouraging [environment] gave me the courage to make mistakes and ask questions to get better and learn more about the sport."

As a captain, MacKinnon makes noteworthy efforts to provide a community for every single player on her team. Ariana Zhao '25 mentioned MacKinnon's strong water polo skills and her admirable ability to bring inclusivity onto the team.

"She's a great player, and she is really good at water polo. She brings a lot of inclusivity into our team, especially within some of the returners who have been playing for a couple of years and also some of the newer people who maybe have never played before. She really makes sure to include everyone and that is a very admirable trait she has," said Zhao.

Leading by example through hard work and being able to utilize her coach's feedback is vital to MacKinnon's leadership. MacKinnon discussed how she is determined to always have a positive attitude in hopes that she creates an environment conducive to learning for the newer players.

Mackinnon said, "I have more experience than a lot of kids who are playing on the team this year, so I try to share my knowledge of the sport whenever I can. I lead by example by working really hard in practice, taking Coach's feedback, and giving feedback to other players on the team, especially those who ask questions and are actively looking to improve their skills. I also try to have a positive attitude, both during practice and during games because when you're playing against more experienced teams with a newer group of athletes it can be a little bit difficult to keep a positive mindset."

After three years of playing and putting in significant amounts of work during the summers, Mackinnon's skills are evident. Mira Patodia '26 highlighted how MacKinnon has helped the team learn the sport and strengthen its skills.

Patodia said, "Her leadership is a great help on the team. She has a lot more experience in comparison to a lot of the people on the team. This is her third year, and she has put her work in during the summers as well. With that experience she's been able to help the team, [help] the newer players learn the sport, and also help fellow returners strengthen their skills."

During games and practices MacKinnon brings a good mindset and helps her teammates do the same. Zhao recognized how MacKinnon reminds them to remain positive in team huddles and team meetings. Zhao said, "One of her greatest values is how positive she can be in practices or during games. Sometimes, if people are a bit frustrated or confused, she always reminds us to stay positive and that happens when we are in games. She'll say a lot of positive things in our team huddles outside of the pool and during team meetings."

MacKinnon manages to stay calm when faced with physicality. As a captain, she understands that her actions influence her teammates to follow in her footsteps. She mentioned how she tries to be in the moment and not dwell on mistakes.

Mackinnon said, "I try to keep a 'goldfish brain,' [as] my coach likes to call it. [If] I make a mistake, I try to forget about it and move on to the next play and stay in the moment... I play one of the positions where you get 'roughed up' the most... There is a lot of aggressiveness and physicality that maybe shouldn't be allowed in the game but is part of the sport because the ref[eree] can't see it. So, keeping my composure in my position is really important because I know other people on the team see me as a leader and if I keep a level head then hopefully they will too."

With many returning players and some enthusiastic newcomers, MacKinnon is enthused to embark on the rest of the season. She mentioned how she wants her team to focus on communication and improve its awareness in the pool.

“We have a ton of strong returning players, and we have a couple of newcomers this year who are bringing lots of enthusiastic energy to the team. It’s refreshing to have them because of their excitement to learn the sport... A lot of us are swimmers so we are used to just diving in the pool and having us ‘go, go, go,’ but in water polo you have to be a lot more aware of what is going on... Communication is key because if you tell them something they are a lot more likely to do it. It’s easier to avoid miscommunications and frustrations when you are really making efforts to communicate,” said MacKinnon.

Katherine Rodgers

Apr 11, 2024

Co-Captain Mia Wonacott '24: Grounding Girls Water Polo With Openness and Experience



Girls Water Polo Co-Captain Mia Wonacott '24 began her water polo career when she came to Andover as a new Lower. Searching for a spring sport and with a background in swimming, Wonacott was drawn to water polo for its similarities to swimming. As a co-captain, she now creates an inclusive team environment for Girls Water Polo, prioritizing feedback and support.

As a leader, Wonacott strives to create a welcoming environment on the team. She reflected on her first year playing water polo and strives to excite her teammates to get into the pool every day.

Wonacott said, “For the newer players coming in, especially because a lot of them are just swimmers, and so swimming is a very non-physical, non-contact sport, and water polo is the opposite of that. So, it can be a little daunting at first because there are so many rules to learn, and it’s very different. I just want to make a team environment that’s super fun and just a good time. I want to make sure that even the newer players are excited to learn and excited to play and not be scared to ask questions and reach out because I know that I would have wanted that when I was learning the sport as well.”

Sophia You '26 emphasized Wonacott’s hands-on approach to leading. Despite battling an injury, You shared that Wonacott still shows up to every team event to cheer on and give feedback to her teammates. “I think Mia leads the team by example. She’s always in the water. First, she’s always showing and demonstrating to us how to do the moves. Before each meet, she’s always there to tell us that it’s okay no matter what happens as long as we do our best and try new things. Right now Mia’s injured, so she’s not playing with the team, but she still comes to every single practice and is there on the sidelines to cheer us on and help with our technique and coach us,” said You.

Sofia Hatzigiannis '26 highlighted Wonacott’s reliability and support. On the water, the team can always depend on her skills, and off the water she provides personalized feedback for her teammates.

Hatzigiannis said, “She’s one of the best players on the team, and being part of the team you have to support other people and help them grow as well. She’s given me a lot of personal feedback on how to pass better or what to do in certain situations, like if someone’s defending me or how to play a certain move on offense. She definitely is a key part of the team. She’s part of the starting lineup, and if you need, for example, in a game, if you quickly need to pass to someone or you need to depend on someone to get something done, she’s definitely the person for that.”

You highlighted Wonacott’s ability to keep the team settled in stressful situations. Prior to games, she helps prepare the team physically and mentally.

“Before games, Mia always helps set up a team breakfast, and then at the breakfast, she just talks to everyone, makes sure everybody’s not too nervous. And then on the way, on the bus ride there, she’s very supportive, and if you need to talk to her, she’s there. And then right before the game, she just tells

everybody not to worry, and she tells everybody a couple key points for us to remember. So, she just kind of helps us stay grounded and make sure that we have fun and that we're not too nervous," said You. Wonacott shared that a large part of why she's stuck with Water Polo has been because of the people — specifically her Co-Captain Molly MacKinnon '24. She noted that her goal is to show her teammates the parts of Water Polo that make her love it so much.

"The people are a huge aspect of why I keep coming back. [With] my Co-Captain Molly, we joined swim together. We came in as new Lowers together, and now we're co-captains, and we've grown a lot as people, and so I really enjoy playing with her. My teammates are just so fun to be around, and like I said before, people coming in and the Seniors that have left, everybody was just super nice, super fun, and welcoming especially when I was new to the sport. Now that people are new and I'm one of the more experienced players, just being able to have open arms [and] letting them experience what I really enjoy about Water Polo," said Wonacott.

Anya Budzinski
Apr 11, 2024

Girls Water Polo Faces Disappointing Loss

Andover: 7 Choate: 11
Andover: 10 Sacred Heart School: 21

On Saturday, Girls Water Polo lost in a double-header against Choate and Sacred Heart School. The team has faced challenges with players getting rolled and a lack of player substitution.

Leading up to the game, the team focused on defensive techniques after coming off a loss against Phillips Exeter Academy. The team focused on scrimmage-style plays to prepare for offensive pressure, noted Mira Patodia '26.

"In the practices leading up to the games, we did a lot of six-on-five practice, which is when one of you, when the opposing team, is down a player. This helps us to get our defense really ready. We practiced that a lot, and we also worked on getting open and driving to the net top for more passes and shooting," said Patodia.

In the games, the team faced offensive and defensive pressures, preventing the center from making offensive advancements. However, wing players were stepped up to create offensive plays, noted Co-Captain Molly MacKinnon '24.

"In the first game, I played the center forward position, and I was definitely getting dropped on. I had multiple players guarding me, and I wasn't really able to get shots on and shots off. There were a lot of players on the perimeter of the pool who really stepped up to create motion and create movement on offense and ended up scoring a lot of goals from those perimeter players," said MacKinnon.

Adelaide Morales '25 highlighted Addison Deng '26, a hole set on the team for her offensive and defensive prowess.

Morales said, "Addison Deng played really well. She really stepped into hole and then was crazy on defense and was just always really active and always gave it her best. She's really stepped up this season, and she's a really good team contributor."

During both games, the team had to adjust to playing with only five players. MacKinnon explained how players getting rolled impacted the outcome.

"I got kicked out of the first game, and then we had another player get kicked out of the second game or like rolled, not just ejected... So we really had to expect people to step up, but we also had to play like a man down for a lot of time. Getting used to those situations is super important, and we worked on that a lot leading up [to] the games," said MacKinnon.

The team kept high morale, despite challenges with the lack of substitute players. Patodia expanded on the environment of the double header.

Patodia said, "The atmosphere was really nice. It was really positive. We had very few people, so we kind of [did] not [have] a lot of subs. It was just really close-knit, like usual, but it was a lot of fun, and everyone was trying their best, which also made a great atmosphere for the game itself."

Morales expanded on Patodia's point, highlighting the team's persistence against competition.

"We're really hard workers. We usually don't have a lot of subs this season, just because a lot of people are in and out of injuries and it's a really aggressive game, and you're trying not to drown for 24 minutes, two games in a row against really aggressive people with a lot more subs. So we're a really hardworking team, and we give it our best effort," said Morales.

Morales continued, noting the next steps for the team.

"We're going to be working on a lot more on communication just because we're a really fast team and we get up fast, so we just need to be on the lookout for if there [are] any people on the opposite team staying behind that aren't being guarded," said Morales.

Looking ahead, Girls Water Polo will play a double header at home against Williston Northampton and Greenwich Academy on Saturday.

Anya Budzinski

Apr 26, 2024

Andover Girls Water Polo Faces Tough Competition in Weekend Double Header

Saturday 4/27 – Andover: 2, Greenwich High School: 13

Saturday 4/27 – Andover: 6, Williston: 15

Over the weekend, the Andover Girls Water Polo team faced off in a double header against Greenwich High School and Williston Northampton (Williston). Despite their strong effort, the team unfortunately suffered losses to both opponents.

Sofia Hatzigiannis '26 noted that the team anticipated strong defensive pressure from the opposing team, prompting them to practice a range of plays that deviated from their typical routine.

"Leading up to the game, because we knew that the two meter player, Molly, would have a lot of pressure on her, meaning that it would be very hard to pass to her, we tried practicing shooting outside of the two meter area which is way more difficult because we're farther," said Hatzigiannis.

Offensively, Hatzigiannis feels that the team has grown more comfortable with taking risks during shooting. This shift has transformed their approach from a conservative to a more confident playstyle, significantly impacting the dynamics of each game.

"I would say that an improvement that we've seen from previous games, though, is that a lot of people are trying to shoot when they are given the opportunity instead of waiting around and trying to pass it to someone else who will then shoot. They will just take initiative and try to shoot the ball," said Hatzigiannis.

Hatzigiannis highlighted the team's training routines, focusing on the importance of positioning and passing on the offensive end of the pool to facilitate shot setups. She underscored the significant improvements they have achieved compared to previous games.

"In the week preparing for the game, we practiced on a lot of shooting without trying to pass it out in front of the goal, and we got better at that, and we can see how that translated into the game because a lot of our goals were outside the two meter area instead of passed to the person directly to the front and then shot," said Hatzigiannis.

Sophia You '26 commented on the team's enhanced communication, which she credits as a key factor behind their improvements in movement, positioning, and shooting.

“I’d say some strengths of the team in this game was communication. We worked a lot on that leading up to the game, and it worked well because people were telling other people what to do, where to pass, and it was just really effective,” said You.

You also described the meet as very exciting and informative for progress and improvements, noting that the high level of competition was beneficial for the team’s learning.

You stated, “Everybody was excited, and it was really fun to play against two very good teams. It was also really nice to watch the game between the two other teams; it was very educational. It really helped us learn and improve as a team.”

For the upcoming weeks, the team aims to continue improving their communication and positioning in the pool, hoping these aspects will significantly enhance their overall gameplay and coordination.

“For the upcoming week, we’re working a bit on zone defense, and we’re going to work on some picks and more of just creating motion, knowing when to drop, knowing when to go back out onto your player. And of course, communication, working and getting the ball from the goalie earlier in the shot clock,” said You. Girls Water Polo will play Loomis Chaffee and Choate away on Saturday.

Madeleine Shin

May 3, 2024